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**32 PAGE
MAGAZINE**
**Make it
easy!**
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recipes**



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NICE PUDS**

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PARIS

LINDA EVANGELISTA, 44



What makes you happy?

Apart from the stress of finding the perfect pair of jeans, I think swimwear has to be the biggest nightmare to buy.

Especially if you're buying it early when you haven't fake-tanned, not started the diet

and got sock marks round your ankles! I went on holiday back in January and the choice of swimwear

was limited to say the least. No worries I thought, and scoured the Internet and was really happy that I managed to find three new swimsuits that fitted and flattered. But there I was lying on my lounge when this unpleasant woman came along wearing the same one as me. I was mortified – but secretly pleased that, hopefully, I looked better in my one – and off I went to change.

Next day, I couldn't believe it when she turned up wearing another one the same – she'd obviously had the same idea as me, but I've still got one brand-new, unworn cossie in the drawer that I didn't dare wear just in case she had that one, too! But there's always a happy, silver lining, and for

our fashion feature Make A Splash [p20] I was in heaven when Lucy, style director, and I had to edit a roomful of bikinis, tankinis and swimwear. The final 50 are all gorgeous and I know you'll find at least one that's just right for you – I've got my eye on about five, so let's hope we're not in the same hotel this year, although I'm sure you'll look better than me!

So, what makes you happy? Is it finding the perfect figure-fixing swimsuit, beautiful flowers or a special memory? That's the question we asked readers [see p42] and their answers will hopefully put a smile on your face, as they did mine. From the smallest thing, like hearing my favourite upbeat song on the radio [one of mine is Kylie's *Spinning Around* – still loving those gold shorts!], to hearing momentous news

'I love hearing Kylie's Spinning Around on the radio – it always makes me feel so upbeat'

[being proposed to after a whirlwind romance of six weeks made me ecstatic!], there's

nothing like a feel-good moment to make me feel I can take on anything and succeed, even if it is just a fleeting thing.

I hope our 'Happy' tips throughout the magazine, as well as all the feel-good buys and affordable treats, cheer you up this month – I have to say that when the *essentials* team were putting this issue together we were all a bit more 'half glass full' which can't be a bad thing! Let me know what's top of your happy list at www.twitter.com/essentials_mag. Until next month...

Jules

Jules Barton-Breck, Editor

10 instant things to put a smile on your face

◆ **Buy lots of gorgeously scented flowers for every room**

happy tip



◆ **Looking through old photos and realising you look better now**

◆ **Getting to the till and discovering it's a half-price sale day**

◆ **Finding out your fave foodie treat has less cals than you thought**

◆ **Your mum saying how special you are**

◆ **Plan a Sunday with nothing on the To-Do list**

happy tip

◆ **Buying £30 Champagne on sale for less than a tenner**

◆ **Winning at card/board games – yes!**

◆ **Hearing your kids say they're happy and OK**

◆ **Do a girly trip to the cinema and see the new *Sex And The City* movie – we can't wait!**

happy tip



happy tip

A real deal not to be missed

You'll get a happy feeling every month if you take out a subscription to *essentials* – and you'll never miss out on all the latest buys from the high street for you and your home or our fab quick and easy recipes. As well as saving £12.50 this month, you'll also receive a luxe bag of Guinot skincare products. Details on page 74.

Amazing value!

Get in touch!



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†AC Nielsen shampoo and conditioner value and unit sales Feb 2009 – Feb 2010.

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L'ORÉAL
PARIS

essentials june



ON THE COVER

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– Fast hair ideas...

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get happy

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A girl can never have too much jewellery – so check out the new tribal trend

20

Looking fab and ready to hit the beach!

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14 The new nudes – check out the latest über-stylish colour to hit the high street

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Your 2010 swimwear collection

24 Sexy summer style Clothes that need curves to show them off – yippee!

29 Try tribal glamour – this new jewellery trend is bright, graphic, ethnic and hot, hot, hot!

31 Fashion fixers New trends and clever tips

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42 What makes you happy? Find out what's putting a smile on our readers' faces

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52 Your no-tan suntan! Fake it and you'll save time, save money... and stay safe

55 Sexy summery new nail colours – to make your fingers and toes look stunning!

57 Beauty secrets All the new tricks and buys



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New colours for your nails and toes – good job it's sandal time!



36

Scared of trying a different holiday? So were our four readers...



46

Give yourself a beauty boost with a few simple changes

WIN & SAVE WITH essentials



There's plenty of the good-things-in-life up for grabs this month

31 WIN! Gorgeous dresses

57 WIN! Bic Soleil razors and tickets to *Legally Blonde*

80 WIN! SodaStreams

87 WIN! Signed books by James Martin + fab blenders

127 SAVE! Join our diet club today and save 25%!

128 WIN! Fab goodies worth £1,000

129 FREE! Luxe cream worth £13

130 WIN! A trip to Barcelona + £500 to spend!



131 SAVE!

Bay tree and grape vine, from just £29.95

132 WIN!

Fab prizes: mini breaks, fashion show tickets and designer jeans, plus super skin moisturisers



133 WIN! Our lucky crossword winner will be off on a two-night spa hotel break, worth £560!

32 PAGE MAGAZINE

Make it easy!
Inside...

If anything is going to make you fall off the diet wagon, this will! See page 111



TRUST US!
Created for you in the essentials kitchen

EASY FOOD FOR SUMMER

92 Get ahead now – instant BBQ party! Stock up so you're all set to fire up the barbie

97 New skills! How to make perfect pastry

101 Sunshine food for friends – a fuss-free, Med-inspired feast

105 Fast family meals full of fresh summer flavours

111 Chocoholics' dream! Your no-bake, prep-ahead, wickedly good pud

113 Best in season... raspberries PLUS aubergines, carrots, strawberries, trout, gooseberries and squid

115 8 PAGE SPECIAL The new crafts! 30 easy ideas from garden lanterns to statement jewellery – there's something for everyone to do, even the creatively challenged!

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60 101 tweaks for a healthier, happier day – easy things to do to make yourself feel 100% better

64 Can the Internet make you better? How you can get the best advice from health websites

68 Simple body checks you can make this second – they just might stop problems in the future!

70 Does your diet need a summer boost? Follow our you-can-do-it shape up and take the panic out of baring some flesh!

73 Health updates All the latest news



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76 Modern romantic laid-back Mix old, new, bold and patterned and you can create the most fabulously relaxed look

87 Food bites Know-how, quick recipes, best buys, great ways to cheat and our taste test



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Check out our amazing reader home – you'll want to move in!

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80 Shop smarter... best buys, expert help, websites to save you money and how to Twitter

83 The smart woman's guide... pay-as-you-go car clubs – they're growing fast and could save you a fortune every year

Holidays

124 You can have it all! If you're looking for a great-value holiday, why not go all-inclusive this year?



124
The all-inclusive escapes that don't have to be just a dream any longer

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82 Your sneak preview of next month

123 Where to shop **137** Horoscopes

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Thandie Newton



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new this month

Ease the chore of watering your blooms with a cheerful watering can. Enamel watering can, £9.98, B&Q.

buy happy

If you love to add stylish, designer homeware brands such as Dualit to your home, sign up to achica.com for a different sale every day!

It'll be easy to dream of caviar, a handsome stranger and a yacht in Cannes in these oh-so Jackie-O sunnies. Florence & Fred sunglasses, £7, Tesco.

Lovely, luminous skin, in a pot! Limited Edition Peony Healthy Glow Sun face powder, £12.50 each, L'Occitane.

NANCY MITFORD

Have a good old giggle at the brilliant observational wit of author Nancy Mitford, in these chic re-issue versions. Penguin re-issues of Nancy Mitford novels, from £6.29, Waterstone's.

Perfect to brighten up a sad patch that's always in the shade. Flower garden stakes, £3 for three, Matalan.

Treat yourself!

Little indulgences to make you H-A-P-P-Y!

Keep hands safe from the sun with a hand cream that contains SPF – this one reduces age spots, too. Hurrah! Dove Spa Close at Hand hand cream with SPF 20, £10.

Turn a regular, midweek meal into a fancy one with these gorgeous glasses. Cocktail Chic glasses, £15 each, Laurence Llewelyn-Bowen for Dartington.

Tastes as sweet as it looks, with a fizz that'll give you a lovely tingly feeling in your nose! Belvoir Raspberry Lemonade, £2.70, Asda.

This pretty brooch will make you and your bag, jacket or dress, smile. Ivette clear crystal fairy brooch, £17.95, Preshus.

With 120 hours' battery life, you can hum along to happy tunes wherever you are. Revival DAB Roberts Radio, £150.

I'm so proud of my daughter

Anne Nichol, 54, is a teacher and mum to 18-year-old student, Lorna. They live in South Shields with their two dogs, Poppy and Sheba.

WHY WE DESERVE A DOVE SPA DAY

ANNE SAYS: 'Six months ago, I was diagnosed with breast cancer and had to undergo treatment. From day one, Lorna was so strong, taking care of me and keeping me sane. I don't know many 18-year-olds who could have handled things the way she has and I just want to thank her.'

When I was a child, I wanted to be a teacher.

Back then, you left school at 15 and got any old job, but after I'd had Lorna, I went back to study and I now teach English at a secondary school.

If I won the Lotto tonight, the first thing I would

buy is a farmhouse with lots of land. I'm a country girl at heart. I'd grow vegetables, have more dogs and keep horses and sheep.

I am scared of the dark. Growing up, my beloved uncle who was blind lived with us. I used to close my eyes and try to memorise my way round the house like he did. I haven't liked the dark since.

The last time I cried was on my mother's birthday. She died ten years ago, but I still miss her.

My happiest memory is when I saw Andrea Bocelli and Placido Domingo sing during an open air concert in Tuscany. Heaven! I cried then, too!

If I feel a bit stressed, I walk on the beach listening to my MP3 player – everything from Elvis to Coldplay, as well as Italian lessons!

I feel beautiful when I'm 'dolloed up'. I was so pleased that I didn't lose my hair during my treatment. I had a lumpectomy and radiotherapy. Compared to what some women have to go through, I was very lucky.

I am saving up to buy a car for Lorna. She's been having lessons so I'd like to treat her to a run around.

I couldn't live without my books. I read all of Ian Rankin's Rebus novels, Bill Bryson makes me laugh out loud and I just adore Alexander McCall Smith's Scotland Street series.



I wish I had never listened to people who were negative. A friend once said to me, 'You're 36, you've just had a baby, you'll never go to university – get real'. Not only did I get a degree, but a Masters, too. And, no, I'm not friends with her anymore!

My best ever holiday was...

...anywhere and anytime in Italy. I've been six times. The weather, food and wine make me want to live there, or at least teach there during the summer holidays.

Before I die, I'd like to...

...live an awful lot more!



Dove Spa's philosophy is simple – we want to make women feel

more beautiful every day by inspiring them to take great care of themselves. In a welcoming salon environment, Dove Spa offers a wide range of professional treatments tailored to each guest, delivering honest results at affordable prices. To find your nearest spa, go to dovespa.co.uk.

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essentials

STAR LETTER ★

Things I want to do before I'm... 40

Tracy Davidson, Stratford-upon-Avon

✓ HAVE A HELICOPTER FLYING LESSON

I've a thing about being up in the air. Ever since a helicopter trip at the Grand Canyon, I've longed to have a go behind the controls.

✓ JUMP OUT OF A PLANE!

No, I'm not suicidal, I've just always fancied doing a tandem parachute jump. The only thing that has held me back so far is worrying I'd chicken out at the last second.

✓ HAVE A HOLIDAY IN ORLANDO AND PRETEND I'M A KID AGAIN!

I had a fantastic week there a few years ago, going mad on all the rides at Disney and Universal Studios.

STAR LETTER ★

The picture I'll never throw away

This is me when I was 5 years old in 1971, proudly modelling my new school uniform for the first time. My shirt sleeves were a yard too long and my skirt was so short it seems to have had an argument with my socks! My dad was taking the picture and trying to show me what he was doing with the camera, but I'm more interested in looking at my mum next to him – who was probably trying not to laugh at me. I love this picture because I had my whole future ahead and it reminds me how much my parents encouraged and supported me.

Sarah Medway, 44, Kent



A little kid with a big future? Sarah, ready for anything, aged 5...

You might not know it, but I'm very good at...

Playing pool

I learned on a full-size snooker table at the day centre where I worked for 15 years till my retirement. When my teenage grandson challenged me to play him at pool last week, he didn't know I'd ever even picked up a cue. His face was a picture when I started potting those balls.

Pat Mitchel

Swimming

I did my Bronze, Silver and Gold life-saving between the ages of 6 and 10. Thirty years

later, I still reckon I could save anyone by making a float out of a pair of pyjama bottoms.

Margie Burgess

Seeing the funny side in any situation

I'm an expert in diffusing arguments and easing tension. All very handy skills in my family!

Paula Lavender



What are you secretly good at? Let us know by dropping us a line at our address on page 3.

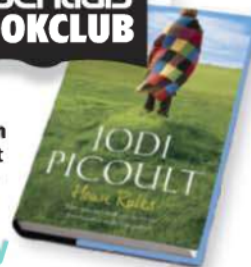
snap
happy

Brighten up a dull afternoon by getting together all your old, most precious photos and scanning them into your computer, so you have them safe and sound forever.

THE
essentials
BOOKCLUB



Sally Jenkins, 46, from Sutton Coldfield, West Midlands, reviews one of the latest releases.



House Rules by Jodi Picoult (£16.99,

Hodder & Stoughton).

'From the first paragraph, I felt I was inside the mind of Jacob, an Asperger's sufferer who struggles to understand the world. I felt for his family, too, who, by association, share his isolation. Things get worse when Jacob is arrested for murder. This book made me sad at Jacob's treatment, but I also laughed out loud at his literal take on life. A wonderfully emotional read.'

FANCY REVIEWING A BOOK?

Let us know by dropping us a line at our address on page 3.

All about you...

5 women reveal...

What we'll be doing when the World Cup kicks off on 10 June

◆ I have a great deal with my husband – he can have his friends round to watch every match as long as he does the washing-up for a month. So I'll spend my time baking, roasting and generally making mess.

Judy Lowe, 34, Essex

◆ Watching it, of course! I've just bought my 3-year-old son a new England shirt and, though I'm not sure he really gets football yet, I can't wait to try and teach him.

Hannah Jones, 42, London

◆ Luckily, my husband isn't a football fan either, so we use match times to go to the gym because it's so quiet – perfect timing for a romantic sauna!

Fiona Mace, 52, Bedfordshire

happy tip ◆ Hosting my big match get-togethers. My hubby looks after the football fans and I have a rival party in the kitchen. I'm getting a chocolate fountain to see how many of his guests I can tempt away!

Natalie Barry, 44, Surrey

man happy

If you really can't get away from the World Cup, at least you can ogle all the sexy players – look out for Italy's Marco Borriello. Yumi!



Remember when...

...you watched *Footloose* the first time round? Zac Efron is starring in the remake this month, but do you remember the original hitting cinemas in 1984?

◆ I grew up in America and saw it in New Jersey. You could tell everyone at my prom had seen it just by the dancing!

Jennifer Spaeth, 41, London

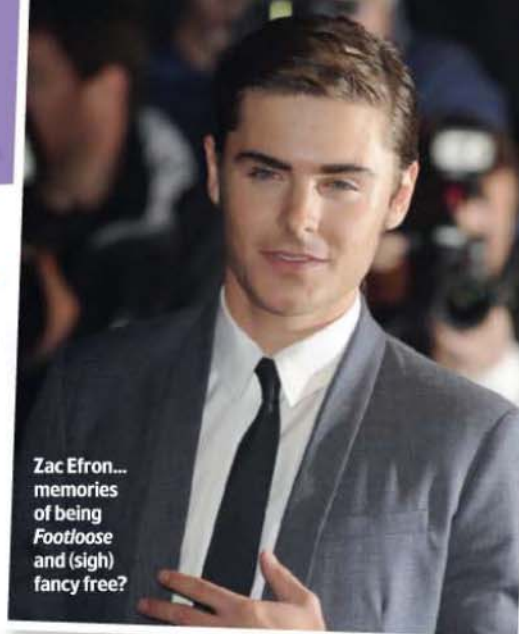
◆ I watched it with my mum on VHS. She must have said 'It's not as good as *Grease*' five times before she got up and left the room.

Lesley Burgess, 37, Hertfordshire

◆ I saw it with my girlfriends on a Saturday night in north London. It was brilliant, but I still insist *Let's Hear It For The Boy* by Deniece Williams was a much better song than *Footloose*.

Lisa Farmer, 45, Surrey

Zac Efron... memories of being *Footloose* and (sigh) fancy free?



STAR LETTER ★

◆ I was 22 years old and sitting in the back row of my local cinema on a terrible first date. It was a good film, but I did wish it would end quicker.

Lara Mitchell, 47, Kent

HOW WE MET

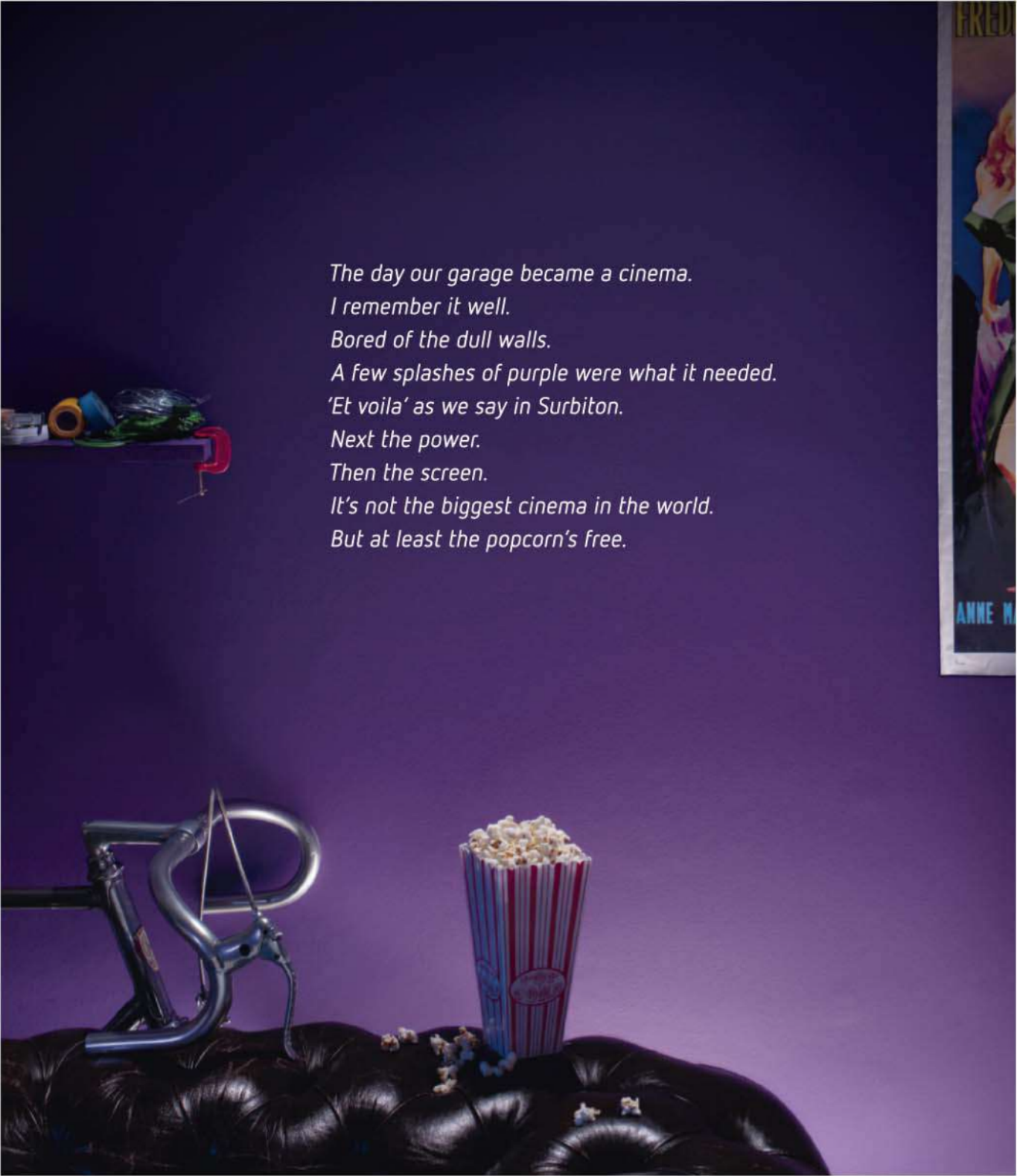
Mary Teresa 'M.T.' Sweeney, 37, met her husband, Dominic, 37, ten years ago in her living room, when he came round to measure up for a new fireplace. They married five years later and now live in Glasgow with their children Dominic, 4, and Aoife, 2.

M.T. says: 'My friend, Angela, had been trying to set us up for months, but I'd ignored her. Then, when I needed a new fireplace, I thought I might as well call him. I phoned to make the appointment and we ended up chatting for about an hour, but, when he arrived the next day, my first impression was that he was very scruffy. However, we sat in my living room talking for two hours and it was the best first date I've ever had.'



For M.T. and Dominic, definitely love at first sight

Dominic says: 'That first phone call with M.T., we really clicked and found we had mutual friends. I rang one of them to find out more and they said that I'd worked with her dad! That worried me because I had a reputation as a ladies' man and I thought he'd warn her off. When I opened the door next day I thought she was yummy and I could tell she thought the same. A few months down the line her dad did have a word with her, but by then it was too late – she was in love!'



*The day our garage became a cinema.
I remember it well.
Bored of the dull walls.
A few splashes of purple were what it needed.
'Et voila' as we say in Surbiton.
Next the power.
Then the screen.
It's not the biggest cinema in the world.
But at least the popcorn's free.*

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Dulux
Let's Colour

Go for luxe layers

Keep your look laid-back, but über luxurious by layering up a swingy satin vest with this buy-now, wear-forever sheer cardi. Balance out the floaty top with skinny, ankle-grazing trousers – and don't forget the heels!

Satin vest, £14, 8-22, Tesco. **Cardi**, £45, 8-18, Mint Velvet. **Trousers**, £30, 8-20, Principles by Ben de Lisi for Debenhams. **Heels**, £20, 3-8, Peacocks. **Bangles**, £10 for a set, Dorothy Perkins. **Bag**, £59, Fiorelli.

The new nudes

We don't mean stripping off!
We're talking about the coolest
new colours that are subtle,
sexy and so understated

Look hot in chocolate!

Not sure pale and interesting is for you? Go for it with a soft cocoa shade that won't leave you looking washed out. We love this pretty pleated dress – so glam and perfect for skimming over lumps and bumps.

Strappy dress, £59.50, xs-l, Sisley. **Bangles**, £12 each, Freedom at Topshop.



shop
happy

Asda has a fab padded Solutions bra with clear straps which you can wear eight different ways.

It costs just £6 and comes in A-DD cups – perfect for tricky necklines!

Try a tricky trend

Think you can't wear harem pants? Yes, you can. Just pick a pair in a drapery fabric and wear them with a tucked-in top and short jacket. Heels should be high and delicate or ultra flat – no chunky midi heels allowed!

Trousers, from £25, 12–32, Marisota. **Jacket**, £25, 8–20, F&F at Tesco. Beaded **vest top**, £18, 8–18, New Look. **Earrings**, £22, Emporium at Wallis. **Bag**, £20; bow-detail **shoes**, £30, 3–8, both New Look.



shop
happy

Give tired-looking white clothes a new season nude look with Dylan Fabric Dye in Pebble Beige, £4.95, from supermarkets and John Lewis or go to dylon.co.uk for stockists.

happy
tip

Sequins and shorts? Why not!

Your hotpants-wearing days may be behind you, but that doesn't mean saying goodbye to shorts completely! Try a tailored knee-length pair and give them the glam factor with something sparkly and a pair of heels.

Shorts, £15, 8-22, Tesco. **Top,** £70, 8-16, Wallis.

Necklace, £18, Wallis. **Cage shoes,** £30, 3-8, New Look.



get the look

Update your basics

This top ticks off the trends for lace, nudes and smocky shapes. Channel Liz Hurley and wear it with white jeans or add a belt to nip in the waist and wear with a grey pencil skirt.

Top, £40, 6-22, Dorothy Perkins. **Jeans**, £35, 6-22, Marks & Spencer. **Necklace**, £12, Daisy & Eve at Evans. **Pumps**, £20, 3-8, New Look.



Get flirty in florals

The black and nude colour combo gives this pretty floral dress a sexy edge and the shape is so flattering on a curvy figure. Want to glam it up? Add black caged heels and a studded belt.

Dress, £50, 6-22, Next. **Earrings**, £12, Wallis. **Ring**, £14, Accessorize. **Shoes**, £13, 3-8, Primark.





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We love this spotty bikini range, it comes in pink, turquoise or black and you can mix and match six different styles to create your perfect combination.

Top, £8, shorts, £10, both 10-22, Bhs.

Make a splash!

From itsy-bitsy bikinis to suck-it-all-in suits, we've got the hottest swimwear on the high street

FROM JUST £2

shop happy

Hate tan-lines? Try the Solar Tan Thru swimsuit from Simply Be. It's made of fabric that allows a third of the sun's rays through. From £19, it's available in sizes 14-24.



Why not snap up the matching kaftan to this sequinned bikini for £30?

Top, £14, briefs, £14, both 6-18, Accessorize.



We love this asymmetric swimsuit enough to overlook the funny tan-line risk!

Swimsuit, £35, 8-16, asos.com.



It'll be a race to the till for this stunner – we can't believe it's only a tenner!

Swimsuit, £10, 8-16, Primark.



also comes as a tankini



Figure-fixing shorts, underwired cups and loads of twinkling sequins – fab!

Top, from £22, 34B-42G, shorts, from £15, 12-32, Marisota.



Ruching disguises your tum and underwiring boosts your bust – we want one!
Swimsuit, £38, 8–20, Monsoon.



Keep the bright colour up top to balance out a pear-shaped figure.
Swimsuit, £25, 10–22, Bhs.



The shape of this glitzy suit is great for boosting a small bust.
Swimsuit, £40, 8–18, Beach by Melissa Odabash at Debenhams.



This holds you in to knock off inches and the padded cups give your bust a great shape.
Swimsuit, £12, 8–20, George at Asda.



Tan lines? What tan lines? This ruched top creates curves on a boyish figure.
Top, £2, briefs, £2, both 8–20, George at Asda.



Keep a mummy tummy under wraps in these high-waisted shorts.
Top, £16, shorts, £14, 10–22, Bhs.



The blingy trim gives this a bit of designer glamour!
Swimsuit, £40, 8–18, Beach by Melissa Odabash at Debenhams.

wired for support



Go for the Pamela Anderson beach babe look in this gorgeous colour-pop.
Swimsuit, £28, 8–16 (32B–38DD), asos.com.



Fancy a skirtini? The built-in briefs and tankini top keep any wobbly bits under wraps!
Top, £18, swimskirt, £16, 10–22, Bhs.



How good will you look in this with its tummy-flattening panels and built-in bust support?
Swimsuit, £25, 10–22, Bhs.



A bikini with arm-flattering cap sleeves – bye-bye bingo wings, hello beach!
Top, £22, briefs, £16, both 8–16, asos.com.



If you don't want to show off your cleavage, go for this nautical, vest-style tankini.
Tankini, £16, 12–24, Bonmarché.



Feeling thigh and bottom conscious? You need a skort!
Top, from £18, 34–42, B–G, skort, from £18, 12–32, Fifty Plus.



Look beach-chic in classic black and white – this fab suit is the hottest we've seen.
Swimsuit, £29.50, 8–24, Marks & Spencer.



For pear shapes: the foam cups and halter-neck suit a small bust and the high-cut briefs will minimise big hips.
Bikini, £29, 6–16, La Redoute.



A busy print is a smart way to disguise any lumps and bumps.
Swimsuit, £14, 12–24, Bonmarché.



This underwired top will give you a fab shape.
Top, £18, briefs, £14, both 8–18, Floozie by Frost French at Debenhams.



Black's not boring! This is knock-'em-dead gorgeous – and flattering, too!
Swimsuit, £35, 8–16, asos.com.



comes in 12 colours

Asda's mix-and-match bikinis can be bought separately for the perfect fit top and bottom.
Top, £2, briefs, £2, both 8–20, George at Asda.



This also comes as a bikini if you prefer a bit less coverage!
Swimsuit, £36, 8–18, Butterfly by Matthew Williamson at Debenhams.



The drawstrings at the sides mean you can adjust the legs to high or low-cut.
Swimsuit, £29.50, 8-22, Marks & Spencer.



This gives a nod to the nautical trend – there's a matching T to wear as a cover-up, too!
Tie-neck bikini, £25, 6-16, La Redoute.



To knock off inches fast you need this one-piece with tummy control panel.
Swimsuit, £22, 12-32, Marisota.



Don't fancy flashing your flesh? Keep covered on the beach in a swimdress.
Swimdress, £38, 12-32, Marisota.



Get beach glam for under a tenner in this beaded, animal-print bikini.
Top, £5, briefs, £4, both 8-22, Matalan.



With adjustable straps, tummy-controlling lining and low-cut legs, this looks great on a curvy figure.
Swimsuit, £25, 10-22, Bhs.



This dotty '50s-style suit will hold in lumps and bumps and goes up to an H cup.
Swimsuit, £45, 30-38, D-H, Simply Be.



If you want to drop a dress size this tummy-control suit is the fastest way to do it.
Swimsuit, £14, 8-22, Tu at Sainsbury's.



Gorgeous colour, fab price – sunny yellow is the perfect way to show off your tan.
Top, £4, briefs, £3, both 8-22, Tu at Sainsbury's.



flat tummy... fast!

This top has a Powermesh panel to flatten your tummy – so have another ice cream!
Top, £16, 8-24, bottoms, £10, 8-24, Trinny & Susannah at Very.



This giraffe-print top is long enough not to ride up and the briefs will keep you covered!
Tankini, £16, 12-24, Bonmarché.



cover all – up to size 32

If you hate your dimply thighs, keep them hidden with this flattering swimdress.
Swimdress, from £38, 12-32, Fifty Plus.



This sparkly bikini will give you the wow factor – not one for shy girls!
Top, £16, briefs, £12, 8-14, Jane Norman.



With a tummy panel and soft cups this instantly slims you down – no diet required!
Swimsuit, £29, 10-22, Kaleidoscope.



The embroidery on this eye-popping bikini gives it a real designer feel.
Tie-side bikini: top, £22, briefs, £15, 8-18, Marks & Spencer.



Bandeau and mini briefs, a tankini top or fold down briefs – this range has it all.
Top, £6, briefs, £5, both 8-22, Matalan.



If you want a suit for serious swimming, go for this sporty style – it's ultra comfy and available in sizes 6-22.
Swimsuit, £25, 6-22, Next.



Simple, stylish and flattering – this dotty suit is a great buy at only £16.
Swimsuit, £16, 12-24, Bonmarché.



All the glamour of a bikini, but you don't have to reveal your tummy to the world!
Tankini, £10, 8-22, George at Asda.



With a frilly trim and padded cups this style will boost small boobs.
Swimsuit, £28, 8-16, Accessorize.



We're loving the bow-detail here and the padded cups give small boobs a great shape. Top, £5, briefs, £4, both 8-22, Matalan.



Chuck one of these animal-print bikinis in your trolley the next time you go shopping! Top, £6, briefs, £4, both 8-22, Tu at Sainsbury's



Shape-enhancing swimwear doesn't have to be boring – well, this isn't! Swimsuit, £35, 8-22, Marks & Spencer.



up to an F cup top

If you've got a big bust you'll want lots of support – like this underwired top. Top, £8, 32-38 C-F, briefs, £4, 8-20, George at Asda.

shop happy

Bravissimo.com now has swimwear up to a K cup and offers free returns, so you can order lots and try it all on in the comfort of your own home.

On-trend print, flattering shape and a great price – it was love at first sight when we saw this gorgeous swimsuit!

Swimsuit with tie option, £25, 6-22, Next. Sunglasses, £8, Dorothy Perkins.

swimwear 2010



SEXY SUMMER STYLE

Who says you have to be skinny to wear this season's hottest trends? We reckon these clothes are crying out for some curves to show them off!

Get pegged

Rolled-up chino-style jeans are the hot new shape for summer – make sure yours come just above your ankle and wear with bright heels for evening or gladiator sandals during the day.

Jeans, £28, 6–22, Next.
Top, £40, 8–18, Butterfly by Matthew Williamson at Debenhams. **Bangles**, £2 each, Primark. **Bag**, £38, Debenhams. **Shoes**, £35, 2½–10, Next.

Go Grecian

We love, love, love the Grecian trend! A bit of clever draping hides a multitude of sins and it's an easy way to look glam fast. Go for matt fabrics and neutral colours to keep the look classy.

Dress, £55, 8–18, Butterfly by Matthew Williamson at Debenhams. **Headband**, £10, Evans. **Bracelet**, £30, Freemans. **Shoes**, £30, 3–8, New Look.

dress happy

Check out the new Dream Jeans at Bhs. They're cut to make you look a size smaller in a flash. In sizes 10–22, they're great value at £30.



Dress sharp
happy tip Bin the baggy smocks and show off your shape in a slinky pencil dress! The V-neck and defined waist on this colour-pop version make it super sexy – just add leg-lengthening heels for the hottest look.
Dress, £65, 8–20, Betty Jackson. **black** at Debenhams. **Shoes**, £35, 3–9, Next.

Funky florals

Florals don't have to be girly, so look out for abstract versions in dark colours that are pretty, but not over-flouncy. This silk dress is glam enough for a wedding and fab over leggings for day.
Dress, £85, 8–18, Mint Velvet. **Cardigan**, £14, 16–28, True at Tesco. **Necklace**, £12, Wallis. **Bag**, £25, New Look. **Shoes**, £18, 3–8, Peacocks.



Pretty in pink

From blush to buff – and everything in between – nude shades are huge this summer. Choose an ultra-flattering shape like this longline T and wear it over white trousers – gorgeous!
Top, £50, 14–32, Evans. **Linen trousers**, £45, 8–22, Monsoon. **Sunglasses**, £5, New Look. **Bag**, £20, New Look. **Shoes**, £30, 3–9, Next.



shop happy

Take a look at the new Curve Collection at asos.com. Fab, trendy clothes in sizes 20-26 from £6 – that should bring a smile to your face!

New tailoring

Tailored jackets aren't just for office types! Pick a version in a lightweight cotton or linen and layer it over everything from a pretty dress to a pair of jeans. Choose single-breasted if you want to knock off inches!

Jacket, £20, 16-26, True at Tesco. **Dress**, £16, 8-18, Peacocks. **Earrings**, £7, Accessorize. **Leggings**, £9.50, 8-22; **shoes**, £12.50, 3-8, both Marks & Spencer.

Make it maxi

happy tip This summer, maxi dresses are everywhere and this bra-friendly tribal version is top of our lust list! Wear with a denim jacket for day or with glam jewellery and wedges for evening.

Dress, £39.50, 14-32, Evans. **Jacket**, £25, 8-18; **necklace**, £8, both New Look. **Bag**, £30, Wallis. **Bangle**, £7.50, Marks & Spencer. **Sandals**, £50, 3-8, Ravel.

Nautical nod

Bypass the stripes and anchor motifs and look out for a more sophisticated take on the trend. Think dark denim, brass buttons and a flash of red!

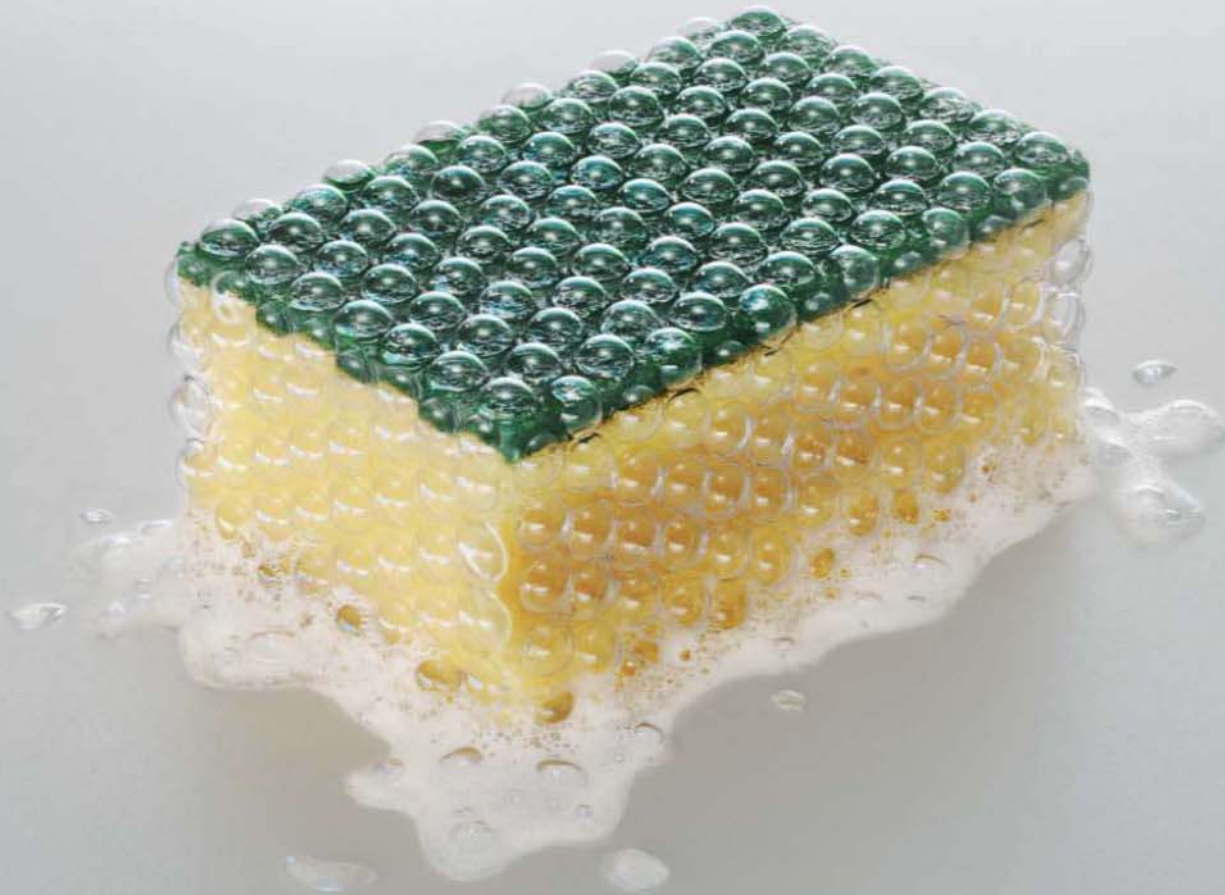
Jacket, £50, 6-22, Next. **Top**, £28, 8-18, J by Jasper Conran at Debenhams. **Trousers**, £22, 6-18, New Look. **Bag**, £15, Marks & Spencer. **Pumps**, £12, 3-8, New Look.



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Bursting with Berryness





Antibacterial Protection

Fairy Antibacterial Action protects your sponge for up to twenty-four hours against bacterial growth, so it stays fresher, longer. And because it's been reformulated, it now cleans even better than ever.



treat yourself

Try tribal glamour

Think bright colour, graphic shapes and ethnic details for this summer's hottest jewellery trend

£6 each
Wide graphic cuffs, Tesco.

£15 for a set of 5
Multi-coloured bangles, Diva at Miss Selfridge

£22
Chain and bead, 53cm long necklace, Wallis.

£5
Black and gold cocktail ring, Matalan.

£6
Green bead drop earrings, George at Asda

style happy

Like the trend and fancy having a go at making your own tribal necklace? You'll find a huge range of gorgeous beads at beadworks.co.uk.

£4
Beaded hoop earrings, Jane Norman

£8
Gold and coral chandelier earrings, Red Herring at Debenhams.

£15
Black and cream wide cuff, Betty Jackson Black at Debenhams.

£15
Multi-coloured bead necklace, Accessorize.

£30
Striped 'rings' necklace with ribbon tie, Dorothy Perkins.

£12
Pink and blue stone shaker ring, Accessorize.

£15
Snakeskin print bead necklace, Marks & Spencer.

NEW

He looked at her intently
and poured the espresso shot
into the milky froth.

"A perfect cappuccino"
she said, blushing.



CARTE
NOIRE

For a more seductive coffee break visit cartenoire.co.uk

The vintage look in 3 buys...

If you love the way Kate Moss does this style so easily, you need these...



1
Shoes,
£32, 3-8,
Debenhams.



2
Necklace,
£30, Wallis.



3
Sequined
jacket, £50,
6-22, Dorothy
Perkins.



Fashion fixers

Style Director Lucy Turner reveals all the news hot from the high street

Dare you do double denim?

Thought wearing denim top to toe was a no-no? Not any more – but before you try double denim, remember the golden rules...

- ◆ If you have a pale denim jacket only wear it with dark blue or black jeans or jeggings.
- ◆ Over 30? Leave the '80s style snow- and acid-washed denim to the teens.
- ◆ Don't mix with fringing, checks or suede – OK on their own, but OTT together.



Jacket, £22, 8-18; top, £14, 8-18; jeggings, £6, 6-20; boots, £25, 3-8; bangles, £8 a set, all Peacocks.

happy tip

24-hr shopper

I found fab shoes at spartoo.co.uk and the good news is delivery and returns are free – not that you'll want to send anything back!

If you buy one thing this month...

...make it this funky studded drawstring bag from Tesco. The shape is bang on trend, the studs give it a glam touch and the price makes it almost guilt-free!

Bag, £15, Tesco.



Luxe for less

If you haven't been into M&Co you're missing some seriously fabulous shopping opportunities! The new Deluxe range is full of designer style touches and luxe fabrics. I've got my eye on this tiered dress to wear with a pair of gladiator sandals for day and high wedges on a night out.

WIN with essentials

We've got four dresses to give away!

To win one, go to page 123 and tick ESSTREAT2 06 – you can enter by phone and text, too.

Dress, £55, 10-18, M&Co.

shop happy

I always find a deal at myvouchercode.co.uk. The site is full of offers from free delivery to 20% off.

BARGAIN ALERT!

I love a bargain and the brand new Heaton's website is crammed full of them! It's had stores in Ireland for years, but now, with the launch of its website, the rest of us can get our hands on the brilliantly priced clothes and shoes, too. Top of my list is this nautical dress, as it's such brilliant value at £13 (sizes 8-18) and I just love the frou-frou frill. Take a look at heatonsstores.com.



There's always a warm
welcome for Laetitia.

She helps keep other
people's homes secure...

...and even manages
to find time to paint.

I'm pretty much at
home anywhere. It's
always interesting seeing
how other people live

We've got the best summer jobs in the world!

They're not just for students looking to make some extra cash... us grown-ups can line our pockets just as well with a summer job! Three readers tell us about their nice little earners

I housesit for a change of scenery

Laetitia de Chazal, 47, lives in Brighton, East Sussex, with her youngest daughter Bianca, 19.

SHE'S AN: artist.

HER SUMMER JOB IS: housesitter.

How easy is it to move and settle into someone else's house?

Once I've arrived and unpacked my paints, brushes and canvas, I'm pretty much at home anywhere. I don't tend to go nosying through drawers and cupboards because I'm being trusted not to, but it's always interesting seeing how other people live.

Has anything really shocked you?

I've not seen anything terrible, but I've been amazed at the opulence of some of the places I've looked after. The biggest was a townhouse in Chelsea, west London. It had rooms that were 20ft tall, with obviously pricey art pieces from the floor right up to the ceiling. I could tell their designer couch was probably worth five times what I paid for my little one at home.

Will this job make you rich?

No, I earn around £180 for a week's housesit, so I don't

do it for the money. I do it because I like a change of scenery and, since I'm tied to my studio all winter, it feels good to move around a bit in the summer.

Isn't this a job that could be done in winter as well?

It is, but it's much more fun in the summer – who wants to walk someone else's dog in the pouring rain? And the demand is higher.

Is there much pet-minding involved?

Loads – actually, it's my favourite part. Though two years ago I was asked to look after two 3ft-long snakes. At first, I was terrified of touching them, but had no choice – it's my job to feed pets. So I gave them their dead mice and even managed to handle them. They turned out to be very soft, and not at all slimy as I'd imagined.

Who looks after your own house while you're away?

My daughter Bianca's at home and, to be honest, I think the break from each other does us both good. When I arrive back home it's not quite as spotless as I like it, but she does a good-enough job. It's nice to know my house is being looked after while I'm taking care of someone else's.

◆ See minders-keepers.co.uk for housesitting jobs.

**be
happy**
Make a friend at work.
Research shows
people who have
a workmate
enjoy their
job more.

I try to share my enthusiasm and knowledge of this wonderful place with our visitors

work happy

Enjoy lunch — don't eat a sandwich on the run. Take a walk and clear your brain.



Caring for such a historic building is the best job Lesley's ever had.

I welcome visitors to the most beautiful church

Lesley Peebles-Brown, 52, lives in East Lothian, Scotland, with her husband Chris, 53.

SHE'S A: freelance accountant.
HER SUMMER JOB IS: part-time caretaker for Seton Collegiate Church, nr Edinburgh.

What typifies summer for you?

My commute to work. I adore it — not many people can say that! Three days a week in summer, I cycle eight miles along a disused railway line, surrounded by wild flowers and fields, and arrive at the best job I've ever had.

Why is this job so special?

The church is one of the most beautiful buildings I've ever seen. We have around 15 visitors on a busy day and my favourite part is showing them around inside. I open the door and their faces are a picture. They all break into wide smiles because they don't expect it to be so impressive. The church is completely empty inside, which is what makes it so extraordinary.

Is the church different in summer?

Yes. That's when it comes alive. In the winter it looks quite bleak with its bare trees and it being all shut up. But in the summer it's transformed, it's magical. The church is opened up, the flowers in the garden bloom, making it look stunning, the tourists trickle in and the place is brimming with wildlife.

Does your job make a difference?

Yes, I think it does. I've travelled a lot in my life and I remember those people who made the places I've visited even more special. That's what I try and do for our visitors; to show them the kindness that I've been shown when I travel and to share my enthusiasm and knowledge of this wonderful place.

What happens in September?

I shut up the church and go travelling with Chris for about six weeks — that's how we spend the money I've earned. If I used the summer months to do more accounting work we could travel for longer, but I love my summer job too much to give it up. It's a unique experience and I feel very fortunate to be a part of it.

◆ Visit historic-scotland.gov.uk.

Teaching aerobics is work, but still feel like I'm on holiday

Alice Everest, 32, lives in Croydon, Surrey, with her husband Lawrence, 31, and her 1-year-old son, Ted.

SHE'S A: part-time teacher of Design Technology.

HER SUMMER JOB IS: aerobics teacher.

Is it hard teaching all year round?

No, because it's so different. In term time, I teach teenagers and work involves planning and marking. In the summer, I teach aerobics and lighter evenings mean I can finish my class at 9pm and still have dinner in the garden with Lawrence when I get home. So, even though I'm working, I feel like I'm on holiday.

Can you get a holiday feeling living in Croydon?

Just because it's not a seaside town doesn't mean it can't get that holiday vibe. When the warm weather arrives, the cafés put tables and chairs outside, flowers make everything look so much more colourful and people are drinking and chatting outside in their shorts. I always associate this happy Croydon with the summer and with my aerobics classes.

And how busy do you get?

I'm in control of how much I teach because I stand in for other teachers who are on holiday, but aerobics classes are more popular in the summer and I tend to teach four a week.

Is teaching aerobics very different from teaching teenagers?

At first, I was worried that because I'm

younger than a lot of the women I teach they wouldn't take me seriously. But instead, they're really enthusiastic and crowd round at the end of the lesson to ask for tips on exercise.

What do you spend the money on?

Anything and everything that makes the summer more enjoyable for Lawrence, Ted and me. Meals out in the evening are always good, but ice creams in the park are probably a family favourite.

Wouldn't you rather have the summer off?

It's not exactly a rest, but I do feel lucky to love both my jobs and I always look forward to seeing the students again. It's incredible how quickly four weeks can go.

◆ **For more information on jobs in the leisure industry go to leisurejobs.com.**

Teaching aerobics is more like a holiday than a job for Alice.



The tools of the trade – these trusty trainers keep Alice going all summer.



My job helps make summer more enjoyable for Ted



My first holiday...

All our holidays hold precious memories, but some are more important than others as these readers, who took the plunge and did something different, tell us...



HEREFORD

CANADA

...in someone else's home

Sarah Laws, 37, is a trainee teacher, and lives with her partner, Rob Watkins, 36, and their boys Ethan, 9, and Theo, 5, in Hereford.

'As a family we've always enjoyed slightly adventurous holidays, but last year, two weeks in a tent in Spain was hard work! The boys didn't have enough toys and we couldn't fit their bikes in the car along with all the camping equipment. So this year I suggested that we do a house

I spent hours cleaning! I also cooked a steak and ale pie for their arrival.

There was always the worry that things might go wrong: when we booked the plane tickets I was terrified that they would pull out, leaving us nowhere to stay. Also, as part of the deal we

The swap went brilliantly and our boys had a great time'

swap with another family.

The thought of having another family in our home made Rob a bit wary, but the fact it would save us so much money was too appealing to resist. We'd always wanted to visit Canada but the fares, plus accommodation for four of us, made it too pricey – however if we swapped homes we could afford it.

With Rob convinced, we set about finding our swap family. The Roberges lived in Ottawa and had two children of a similar age. We exchanged pictures of our houses and the children sent emails describing what toys they had.

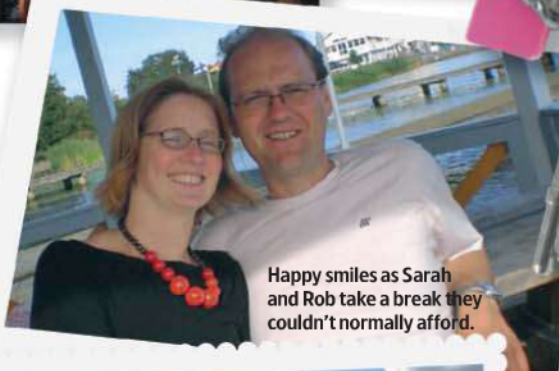
In the run-up to the swap we did lots of long overdue DIY jobs around the house, and the week beforehand

agreed to swap cars, but when we couldn't find their car at Ottawa airport, I was sure we'd fallen for a con. As it turned out, we were just looking in the wrong car park!

The house in Canada was perfect. It was comfortable and had a huge games room, which thrilled the boys. The neighbours popped in to say hello and some of their friends invited us for dinner. It made us feel really welcome.

The swap went brilliantly, our boys had a great time, and the Roberge family were very enthusiastic about their holiday, too. We had the comfort of a home, with the excitement of being somewhere new.'

♦ For info on house swaps go to homebase-hols.com.



Happy smiles as Sarah and Rob take a break they couldn't normally afford.



Best holiday ever in Canada!

Theo and Ethan get to see the sights of Canada.





At last, time for 'girl' talk... without any interruptions!



Greetings from carefree Spain!



live
happy

Experts say that the key to our happiness is in finding a balance between being alone and spending time with others.

Look no kids! Karen loved getting away from it all for a spot of me-time.

...without kids

Karen Dean, 31, an eye care specialist, lives in Liverpool with her husband Dave Sunter, 42, and their sons Daniel, 12, Joshua, 8, and twins Max and Finlay, 2.

'When I was invited on a trip to Murcia, Spain with my work colleagues last June, I knew it was a great opportunity to get away and relax, but I didn't know how I'd feel leaving my four children.

I'd been a mum since I was 18 and my life since completely revolved around my family. Since my eldest, Daniel, had been born, I hadn't spent more than a night apart from my children.

Dave, my husband, was going to be in charge, but I was still worried: the older two could understand, but the twins were so young I didn't want them to think I was deserting them.

Once on the holiday, being without the kids opened my eyes. I'd never had any time

when I was young for just me, so I'd missed out on carefree late teens and early twenties.

So now, for the first time in almost the whole of my adult life, I spent an hour in the bath, got up late, lazed by the pool and could enjoy an entire meal without being interrupted by someone calling 'Mummy.' When we went out at night I spent ages getting ready – putting on make-up and

doing my hair, and felt pleased when I looked in the mirror.

At home I hardly ever went out, so I seized the opportunity on holiday. It was great to be able to have an adult conversation for once; instead of Power Rangers or nappies, we talked about relationships, hopes and dreams.

But even though I was having a lovely time, I missed the kids. I'd phone home every day – and

though Dave said the kids were fine, I felt like something was missing without them around me.

When I got back, the older boys just wanted to know what presents I'd bought, and the twins squirmed away from my cuddles so they could carry on playing!

I know that lots of women need a break from the family, but for me it was too quiet being without them. I came back feeling that I'd learned a valuable lesson about myself – that I'm very happy with what I've got.'

'I could go out at night, and spend ages getting ready'

...as a widow

Linsay Black, 50, lives in Edinburgh, and is training to be a bereavement counsellor while working for WAY, a charity that supports widows. She has one daughter, Chloe, 6.

'I met Douglas in 1997 when we both worked in the same office, and three years later we married. At 44 I became pregnant with Chloe – she was a happy surprise as I didn't think I could still have children.

Then, in 2005, Douglas was diagnosed with terminal bowel and liver cancer. It was so hard to take in – he was only 46.

We decided to take Chloe to Euro Disney in Paris. It was our last holiday together as Douglas died in August 2006.

For the next year my mind was like jelly and there were many things I didn't feel up to – planning a holiday was one of them. Then, through a charity called WAY, which supports widows, I met a woman called Pauline who

suggested Chloe and I stay at her B&B in Dordogne, France.

Packing for me and Chloe, and taking just two passports felt so sad. At the airport, I saw couples arguing and wanted to tell them how lucky they were to have each other.

In France, Chloe had a lovely time, playing with Pauline's dogs and exploring the countryside. That first night I sat on the balcony feeling very alone, yet there were times, later in the week, when I found myself smiling.

Flying back on the plane with Chloe, I felt I'd taken an important step forward. My first holiday without Douglas told me that Chloe and I are going to be absolutely fine.'

♦ Visit wayfoundation.org.uk.



A precious time for Chloe with her dad.

We loved France!

Together we'll be fine: a holiday in France was a turning point for Linsay and Chloe.



A proud Cheryl, 10, wins the fancy dress in 1984, and (right) recaptures the fun with her own boys over 20 years later.



With their sons kept entertained, Cheryl and Martin can enjoy some 'together' time.

...at Butlins (as a grown-up!)

Cheryl O'Leary, 36, a part-time dance teacher, lives with her husband Martin, 44, and their children, Spencer, 6, and Lewis, 3, in Enfield.

'Before the kids were born, I loved holidays where I could lie by the pool somewhere sunny. But our sons need to be kept amused at all times and it's just too expensive for all four of us to go abroad.

We needed an alternative, which is how we found ourselves at Butlins in Bognor two summers ago. Martin was dreading it, and though I'd been as a child and had a great time, it didn't really appeal to the adult me.

As soon as we arrived at our chalet, all the memories of my childhood holidays came flooding back. It was more modern, of course – Red Coats had become the Skyline Gang, and the chalets had all the mod cons you expect these days, but there was just as much for my boys to do as I'd

remembered: play centres, go-karts, a fantastic water park and entertainment in the evenings.

When Spencer was called on stage to win a sticker for dancing, it reminded me of when I won the fancy dress as Bo-Peep when I was ten. Then Spencer convinced me to have a go at the karaoke, so I belted out a Tina Turner song! The boys were so impressed and we all had a great evening.

When we left after our week's stay, the boys were in tears. Even Martin had been converted.

Obviously, a part of me still hankers after lazy days in the sun, but to be honest the fun we had as a family far outweighed anything a good book and a suntan could have done for me.'





That's right. Biscuits. For breakfast. New Belvita Breakfast are delicious crunchy biscuits made with wholegrain. As part of a balanced breakfast*, a pack of four biscuits will regularly release carbohydrates over four hours to keep you going all morning. Find them in the biscuit aisle. You could say they're the best thing since sliced bread.

BISCUITS SPECIALLY DESIGNED FOR BREAKFAST



*For example with a latte and an apple.

He's the perfect man... 3,600 miles away

Sarah Parsons, 50, and Tom Essig, 57, love each other deeply and want to spend the rest of their lives together. The only problem is, they live miles apart. Sarah tells us about her very long-distance love

You can't help who you fall in love with. If I had a choice, I'd pick someone kind, handsome, clever and funny. And that describes my partner of two years, Tom – the man I love who I want to spend the rest of my life with.

I'd also pick someone local... or someone within driving distance... or at least in the same country as me. And that doesn't describe Tom at all, because while I live in Dorset, he lives thousands of miles away, in North Virginia.

Lots of women worry about not finding the man of their dreams and ending up alone. Well, I've found the man for me, but I'm alone.

I guess ours is a very modern love affair – and dilemma. But loving someone who lives in a different country is not an easy option and I had no idea of the problems it would bring.

So many people have opinions on what we should do: they tell us, if we're in love, we

should choose a country and live together there. Or they say it's a midlife crisis... or that we can't really love each other if we've never lived together. But neither of us can just pack up and leave. We both have children from previous relationships who don't want to move across the Atlantic – and why should they?

People who criticise us can't even begin to understand the sacrifices Tom and I have made for our love over the past two years, but our commitment to our children and their needs is something we will not compromise on.

I met Tom when I was on a Caribbean cruise with a friend in 2008. My marriage had ended and I needed something to look forward to, somewhere to go, where I could forget the emotional trauma that goes with divorce. I went on the cruise looking forward to sunshine, peace... and space. The last thing I was looking for was romance.

We've sacrificed so much

But a week into the cruise when we sat down to dinner, Tom and his daughter, Kat, now 21, were there, and I felt instantly drawn towards him. He was intelligent and sensitive and so easy to chat to. I learned that he was recently widowed and juggled his job with the American Department of Homeland Security with looking after his two kids who were in college. I've never been one for holiday flings but, that night, I enjoyed myself with a man for the first time in years.

After that, Tom and I spent as much time as we could together, really baring our souls to each other. He'd lost his wife of 24 years

the year before, after a 14-year battle with cancer. He told me how much he missed her and how severe an impact her death was having on Kat and his son, Tom, now 23. As a mum of two I understood exactly how much it hurts seeing your children in pain and being helpless to stop it. My son, James, suffers from Asperger's Syndrome and finds it very difficult to adjust to change, so my divorce had really taken its toll on him and that left me crippled with guilt.

Tom and I talked for hours about people from our past and the difficult moments from our histories and I soon realised that we really understood each other.

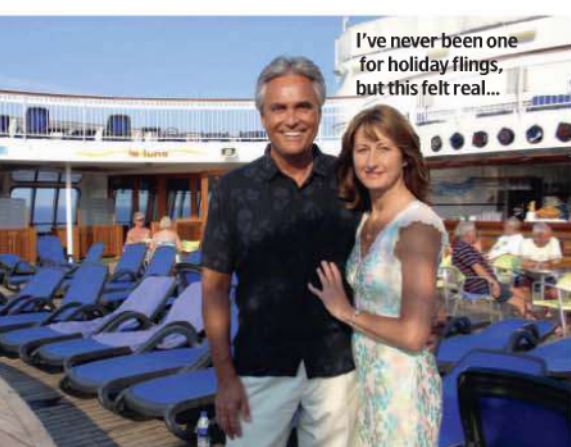
At the end of the week Tom promised he'd be in touch as soon as he got home and, sure enough, when I got back to Dorset there was an email for me: 'When can I see you again?' Three weeks later, we met in London.

That meeting confirmed it wasn't the sun or the romantic cruise-ship setting that had drawn us together. It was real and it was love.

After Tom went home we started speaking every day and planned a series of trips to see each other over the following months. I've been to the States seven times and he's been on ten trips here. What keeps me going are our chats and the knowledge that one day we will actually live under the same roof!

My first marriage, when I was 23, lasted ten years. My second marriage lasted ten years, too, and was based more on security and stability than passion, but it gave me two beautiful children – James and Ben, now 13 and nine. Splitting up was my idea, but we wanted to cause them as little disruption as possible. I moved into a place close by and my ex stayed with our boys. It would have

'I went on a cruise and the last thing I was looking for was romance'



I've never been one for holiday flings, but this felt real...



...it wasn't just the romance of our surroundings that had gone to my head!

'What keeps me going are our chats and the unfaltering knowledge that one day we will actually live under the same roof'

stay
happy

If you're in a long distance relationship, surprise your partner with cards, gifts or letters to let them know you're thinking of them.

been selfish of me to do anything differently.

Tom and I talk for hours every day, but at night I cook dinner for one, go to bed alone and wake up to an empty house. It's the small things I miss. I don't fantasise about romantic trips to Paris, or candlelit dinners for two: most days I'd give anything for beans on toast and an early night with the man I love. When it gets very bad it seems as though there's a constant Tom-shaped hole in my life. I feel a physical sickness and can never really enjoy anything because I can't share it with him.

Keeping romance alive

I'm a graphic designer, but when I was made redundant, I decided not to apply for a staff position, so I could take time off to visit him regularly. I live on my savings and the money I earn from cleaning jobs. Tom has made big financial sacrifices to pay for all our flights.

I spend half my life at my computer, as we live in different time zones. We get up early or stay up late to snatch half-an-hour 'together' on our webcams. I'm tired a lot of the time and that means we both get irritable and snap at each other – and other people. When I'm tired and lonely in the evenings, Tom is bouncing out of bed and full of energy.

Of course, things are far easier now with Skype and email, but the technology that keeps our relationship afloat can be a double-edged sword. It's so easy to misinterpret written messages, tone of voice and delays in phone calls. Once, when I was feeling down, I wrote: 'Why can't you just live here?!' Then I realised he might think I was questioning his reasons for staying in the US when he had never questioned my reasons for staying here.

To some, our relationship may seem like a string of extravagant holidays, or whirlwind

encounters, and I'm the first to admit how wonderful and romantic it is to see Tom again after time apart. But the reality is, we both put a lot of effort in to make this work.

When we first started seeing each other, Tom's daughter found it difficult to accept me and I had sleepless nights worrying he might succumb to her criticisms. But as time goes by, it's become clear that neither of us is going anywhere and we're just biding our time until one of us is in a position to move away.

The anxiety, troublesome logistics and the constant feeling that I'm separated from my other half are all worth it for the magical times that we do spend together. It's been a real struggle, but I can see the light at the end of the tunnel now.

◆ Have you been separated from the one you love? We'd love to know how you cope, so get in touch at our address on page 3.

What makes you happy?

A date with George Clooney? A good joke? A win on the EuroMillions or the smell of a freshly cut lawn? Big or small, there are a lot of things in our lives to make us cheerful. Here are some of them...



My dog

Poppie is my 8-year-old cocker spaniel. She's a huge softie: she's best friends with the family rabbit; gets bullied by the local chickens, and simply loves travelling around with me in the car, with the windows down and the wind in her ears! She'll happily wear a jumper at Christmas to make my 86-year-old nan laugh, and seems to know instinctively when I need cheering up. Poppie is brilliant!
Lisa Beard-Rogers, 36, Northampton



A new job

I used to be a teacher, but now I run my own wedding resource website theglasgowgirlsweddingguide.com. Brides are usually very happy people and their happiness is infectious. I earn less than I did, and I do have to work late into the night sometimes, but it's given me such a lift... I can't wait to get started every morning.
Mary O'Donnell, 37, Glasgow



Being fit ... and a size 10

I'd battled with my size for several years – at my heaviest, I was 6st overweight. Finally, in 2006, I joined a gym. It took me three years to hit my target, but when I could finally fit into a pair of size 10 jeans I practically punched the air with joy! My greatest thrill, though, comes from being fit. Last year, I ran my first half-marathon in two hours 40 minutes. Being able to wear what I like makes me happy, but putting on my training shoes, sticking my iPod in my ears and running like the wind gives me an even greater buzz.
Helen Prangley, 40, Leicestershire



'Being able to run like the wind gives me an even greater buzz'

happy tip

Going into a book shop...

...not necessarily to buy anything – just having the time to browse along the shelves is sheer luxury for me.
Sarah Porter, 30, Cambridge



Making hats

I've been going to millinery

lessons for two months, specialising in fun men's hats. My best design so far is a dapper purple bowler. I've already had five orders and I'm sure there are more on the way. I really love it!
Imogen Crane, 53, London



Memories...

It's not PC, but the smell of cigarette smoke on a hot day

brings back memories of a teenage holiday in Italy. I don't smoke now, but it just reminds me of being carefree. And the smell of creosote evokes happy thoughts of my dad painting our fence, though he died when I was little.
Mhairi Tynan, 36, Kent



be happy

Taking time out for a spell of 'simply doing nothing' is sure to bring a smile to your face.



The most wonderful scent...

...of sun-dried washing. It has such a

distinctive smell and makes me feel gloriously summery.

Anna Barker, 36 Middlesbrough

A hug from my miracle daughter

When Morgandie was only six weeks old, doctors discovered a tumour the size of an apple in her tummy. She was diagnosed with neuroblastoma (a rare form of cancer) and had to endure surgery and five months of chemo. The first time she had chemo I was in bits – but she just giggled her way through! That's Morgandie: a beautiful, fun-loving fighter, now aged three, who takes everything in her stride.

There's a 90% chance the cancer won't come back, but I still cherish every moment with her. When she runs into our room in the morning to shower me with hugs and kisses, the joy – and gratitude – I feel is indescribable.

Lyndsay Harrold, 40, North Wales

Lyndsay is running the Race for Life in celebration of Morgandie. Go to raceforlife.org for details.



Dancing in the Moonlight



Remember the song by Toploader that was used in

those annoying ads with Jamie Oliver and his mates? Well, it brings back happy memories for me – I'd just completed a Post-Graduate Certificate in Education course, and was literally dancing for joy. Even now, when I hear it, all my worries just float away.

Cathy Miles, 52, Essex

happy tip

The little things in life

There are so many things that make me happy: an unexpected cuppa in bed, from my husband; getting picked up from the shops when it's raining; full control of the remote

to watch my favourite soaps and going out to dinner with my husband on a Wednesday night when my daughter Liana's at Brownies – no need to pay a babysitter!

Helen Gibbs, 42, South London



'... An unexpected cuppa in bed, from my husband'

The movie Overboard

Goldie Hawn plays rich, spoilt, amnesiac Joanna, who's hoaxed by Kurt Russell into believing she's his long-lost wife. He gives her a charity-shop dress, made for someone two feet shorter and three feet wider. 'I was shorter?' she snorts. He tries to tell her she used to walk with a hunch. Priceless!

Helen Philip, 41, Cardiff



Husband's party trick

If ever I'm feeling miserable, Andrew will pull his pants up so they sit around



his rib cage. I've seen it many, many times but it still makes me laugh – and I hasten to add that he only does it in private!

Jess Spivey, 42, Ipswich

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Sophie, London

"Thank You"

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buy
happy

'Lipsticks are like shoes — they can either dress you up or down, and they always finish your look,' says make-up artist Trish McEvoy. Any excuse to buy a new one, then!

tip Apply your foundation after you've done your eyes. This will stop little flecks of shadow smudging under the eyes and ruining your base.

Your new get-gorgeous beauty tricks

Stuck in a hair and make-up rut? There's nothing like trying something new to make you feel like a million dollars, and these simple ideas will help you look fab all summer long...

Try a look-at-me eyeshadow

Pick your fave colour or a vibrant shade to match your outfit and make an impact, keeping the rest of your make-up neutral.

How to get the look

PRIME Deep or bright shades are more likely to smudge. So prep your lids with an eyeshadow primer and dust with powder before you apply any colour.

LINE Use an eyeliner in the same shade as your eyeshadow to help it appear more intense. Line your upper and lower lashes and blend with a cotton bud.

BLEND Finally, load an eyeshadow brush with colour and smooth onto your lids up to the brow bone and along the lower lash line. Finish with a few coats of mascara.

What colour to choose?

TURQUOISE Gorgeous when you've got a golden glow, this shade will help emphasise your tan.



GOLD From rose gold to yellow gold, pick a shimmery shadow to catch the light



BLUE Go for deep shades of navy and denim to keep the look modern.



tip 'It's important to brighten above your eye, as it creates the most flattering, vibrant, wide-awake look,' says Trish McEvoy. Try a touch of gold shadow for just a hint of glimmer.

tip Take off ten years with a glossy lipplie – it makes your lips look plumper and won't bleed into fine lines around your mouth.

Give your hair the holiday-factor

It's sexy, it's simple and it's glam! You know you look and feel gorgeous with tousled, beach waves, but you won't need a holiday to get this flattering style!

The loose summer 'do



Your hair should be dry and clean. Spritz sections with hairspray or styling spray, then twist into coils and pin in place. Leave for up to an hour, then unwind and run your fingers through to loosen.



Take the front sections of your hair and pin them at the back of your head. Allow a few tendrils to fall free to softly frame your face.



Gather your hair into a loose ponytail, but instead of fastening with a band, coil up the ends into a soft roll and pin securely. Leave out some locks to show off those relaxed waves.

What do you need to get the look? See page 50

Make a statement with orange make-up

Orange is the new red, don't you know. It's the hottest shade to wear this summer, accentuating your tan perfectly. Go for a pop of colour on lips or cheeks... or both, for maximum impact. And don't forget your hands and feet – orange nail polish looks stunning!

look
happy

An orangey-coral lippie will make your teeth seem whiter as well as being bang on trend!

...KEEP EYES SIMPLE

If you're wearing colour on cheeks and lips, keep your eyes simple for a more flattering look – groom your brows, apply a wash of nude eyeshadow across your lids and finish with mascara.

HOW TO WEAR ORANGE

FACE Even out your skin tone with a liquid foundation to keep the overall effect dewy, then hide any blemishes and dark circles under your eyes with a creamy concealer.

CHEEKS Using a powder blusher? To give the blush something to adhere to and stop it looking patchy, give your face a light dusting of translucent powder first. Less is more – it's easier to build up the colour than put too much on in one go and have to remove it.

LIPS Go for a coral lip colour. Stop it looking old-ladyish by using a lipstick with a glossy finish or apply lipgloss as a top coat for a real shine.

tip Apply highlighter only to areas where you aren't naturally shiny, such as on upper cheekbones and under your brow bones.



tip To stop your blusher looking too bright, help blend it into your skin with a peachy shade of highlighter. Dust this over your cheekbones just above your blusher, then blend everything together with a big fluffy brush.



tip Give the illusion of light bouncing off your skin by using a peachy-gold highlighter on cheekbones, across your brow bone and on top of your cupid's bow.

tip Try apricot rather than pink blusher to warm up your skin and give it a healthy outdoor glow.

tip Use a facial mist before and after applying your make-up to give your skin a gorgeous, dewy look.

The easiest up-do ever

This glam look can be tricky, but not this style – three steps and you're done. Easy! This up-do will work if your hair is shoulder length or longer.



...MATCH YOUR NAILS

Make an impact with bright orange nails to accentuate suntanned hands perfectly. Use a base and top coat to get a flawless finish – chips will be really obvious on such a vibrant shade.

The side-swept bun



1 Start with your hair in a side parting and pull your hair into a simple ponytail, taking it slightly to one side behind the ear and fastening with an elastic-covered band.



2 Next, curl sections of your ponytail with curling tongs. Using another elastic hairband, loop your hair through into a bun and fasten, leaving the curled ends loose.



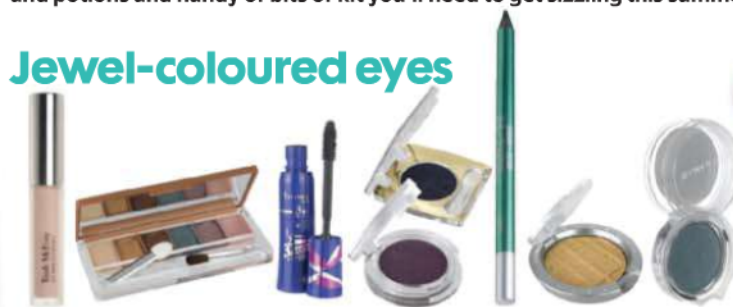
3 Finally, using hairgrips, twist small sections of loose hair around the band and fasten in a haphazard way to create a soft bun.

What do you need to get the look? See page 50

Your get-gorgeous beauty kits

Now you've learnt our get-happy beauty tricks, here are all the latest lotions and potions and handy bits of kit you'll need to get sizzling this summer.

Jewel-coloured eyes



From left to right: Trish McEvoy **Eye Base Essentials**, £15; Clinique Colour Surge **Eye Shadow Palette** in Brandied Bronze, £22.50; Rimmel London 1,2,3 Looks **Mascara**, £7.99; L'Oréal Paris **Chrome Intensity Eyeshadow** in Blue Jean, £5.99; Myface.cosmetics Blingtone **Single Eye Shadow** in Purple Haze, £9.99; Urban Decay 24/7 **Glide-On Pencil** in Electric, £11; Prestige **Eyeshadow** in Glitz, £4.99; Ruby & Millie **Eye Colour** in 620P Blue, £10.50.

happy tip

Want to make your eyes look more defined? Try lining your upper and inner lower lash lines with black kohl after you've applied your eyeshadow.

Holiday-style hair



From left to right: Paul Mitchell Fast Drying **Sculpting Spray**, £9.95; Frédéric Fekkai **Summer Hair** Marine Beach Waves, £19; Clinique Colour Surge Butter Shine **Lipstick** in Raspberry Rush, £14.50; Estée Lauder **Pure Color Eyeshadow** in Amber Metallic, £14.50; Philip Kingsley Weatherproof **Hairspray**, £9.

happy tip

If you have shorter hair, try haphazardly pinning sections of hair to the back of your head. Don't worry if some sections escape – that's all part of the informal effect.

Go for orange!



From left to right: MAC **Powder Blush** in Hipness, £16.50; Natio Mineral **Illuminating Powder**, £19; GOSH **Lip Gloss** in no82, £7; Bourjois Paris Volume Glamour Ultra Care **Mascara**, £7.99; Revlon ColorBurst **Lipstick** in Peach, £7.99; Miners Fashion Matte **Lipstick** in Coral, £3.99; Jessica Custom **Nail Colour** in Tangerine, £8.95.

happy tip

Bright orange or coral colours too scary for you? Try a peach or apricot shade instead, which is softer and can be more flattering.

Simple up-do & dewy skin



From left to right: Givenchy Fleur de Frangipanier Unique **Compact Powder**, £32.50; Clinique Up-Lighting Liquid **Illuminator** in Apricot, £18.50; Jemma Kidd Pro **Skin Rescue** Bio-Complex Veil SPF 15, £32; Trevor Sorbie Professional **Hair Bands**, £3.50; MAC **Lustre Drops** in Sun Rush, £14.50; Bourjois Paris Healthy Mix **Foundation**, £9.99; Paul Mitchell Pro **Curling Wand**, £45.

happy tip

Looking pasty-pale? A hit of colour will perk up your skin in an instant. Try the lightest touch of liquid bronzer to appear sun-kissed. We like Estée Lauder **Bronze Goddess** **Bronzing Gel**, £24.

DID YOU KNOW THAT 90% OF PEOPLE IN THE UK WILL SUFFER FROM GUM DISEASE AT SOME POINT IN THEIR LIFE?



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Your no-tan suntan!

Faking a tan is quicker, better for you and costs less, too! Whether you want this summer's trend for a deep, dark tan or just a healthy glow, here's what you need to do...

Choose a tan to suit your skin type

Want a tailor-made colour just right for you? 'It's all about layering the self-tan to fit with your individual tan-tone,' says James Read, international celebrity spray tan artist. Here's how...

Light skin Worried about going too dark? 'Apply a small amount of moisturiser all over your body before applying a self-tan,' says James. 'This helps dilute the colour and you get a lighter end result.' **TRY** Clarins Delectable Self Tanning Mousse with Mirabelle Oil, £20; VIE Summer Time Skin Top to Toe Gradual Self Tan Lotion, £12.

Medium skin For a darker colour, layer two applications of self-tan, allowing the first layer to completely dry before you apply the next one. **TRY** He-Shi Express Liquid Tan, £20; Garnier Ambre Solaire Original No-Streaks Bronzer Self-tan Velvety Gel for Medium Skin, £9.99.

Dark skin 'Self-tan works really well on darker skin,' says James. 'It evens out your skintone and creates a radiance.' To get a good depth of colour, James says: 'Use a spray formula and layer up two to four coats of self-tanner.' **TRY** Xen-Tan Dark Lotion Absolute Luxe, £34.99; L'Oréal Sublime Bronze Express-Pro, £13.99.



colour happy

Don't fancy a DIY tan? Pop to your local Dove Spa (dovespa.co.uk) where they are offering St Tropez Spray Tans for just £10 during May and June!

Your countdown to the perfect tan

48 hours before... If you wax, make sure you do it 48 hours before applying your fake tan to give your skin time to calm down and prevent any irritation.

24 hours before... Exfoliate and depilate at least 24 hours before tanning, otherwise your skin can absorb too much tan and the final result will be patchy.

Just before you start... Apply moisturiser to your feet, knees, elbows, wrists, heels and between your fingers – these areas can all absorb too much colour and look unnatural; a layer of moisturiser prevents this.



5 ways...

not to mess it up!

James Read reveals his tips for creating a glamorous, just-stepped-off-the-plane holiday tan. And no one will ever know it came out of a bottle!

1 PROTECT telltale areas. Stand on an old towel when applying a spray tan so you don't stand in it and stain the soles of your feet. Also, wrap your hair with a towel to stop tan being absorbed into your hairline.

2 WORK FROM TOP TO BOTTOM Start applying self-tan from the top of your body and work down, leaving your hands and feet until last. Either wear protective gloves, or wash your hands immediately after you've finished.

3 BUFF OBVIOUS BITS Use a mitt to buff any excess self-tan around your feet and wrists. This will prevent any obvious tan lines and tidemarks.

4 PREVENT PATCHES After tanning, follow the Hollywood A-Lister's trick of brushing a small amount of talcum powder under your armpits and breasts. This will absorb any perspiration and prevent you getting a patchy result.

5 SLEEP ON IT Leave the self-tan on for at least 8 hours, but for best results try to sleep with it on and don't have a bath or shower until the next morning.

Your ultimate tanning tool kit

FOR INSTANT RESULTS

St Tropez Wash Off Lotion, £12.

happy tip If you want an immediate tan without the commitment of fake tan, try a wash-off formulation. If you make a mistake just remove it with a wipe and start again.

EXFOLIATOR

Aromatherapy Associates Enrich Body Scrub, £30.75.

happy tip Exfoliate at least three days after applying your tan to ensure it fades evenly.

FOR A HINT OF COLOUR

St Tropez Everyday Gradual Tan Mousse, £20.

happy tip This is the best gradual tanner we've tried and it dries in seconds. Apply every day until you get to the colour you want.

BODY LOTION

Kiehl's Creme de Corps, £15.50.

happy tip Moisturise your body every day and your tan will last longer – between three and five days. It will stop the colour from breaking up and looking patchy, too.

BRONZING POWDER

JK Jemma Kidd Show Stopper Water-Resistant Bronzer, £13.

happy tip Naturally, your face gets different tan tones depending on where the sun hits it most. Re-create this effect with a big brush and dust bronzing powder on your cheekbones, the bridge of your nose and socket line – your tan will look more realistic.

FOR FACE

Olay Complete Care Everynight Sunshine, £7.49.

MITT

Soltan Beautiful Bronze Self Tan Mitt, £3.49.

happy tip For fuss-free application, apply your self-tan to the mitt and then blend onto your body – it also stops your hands getting stained!

buy happy

The good news about using a separate facial tanner is that they usually contain anti-ageing ingredients, so you'll be helping to combat fine lines as well.

ILLUMINATOR
Laura Mercier Body Bronzing Makeup, £30.

happy tip 'Layering different tanning products over a base colour makes your tan look more natural,' says Nichola Joss, St Tropez's skin-finishing expert. She recommends using skin illuminator on your collar bone and shins.





Beautiful underarms ready to be revealed



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£8.95.



Ruby & Millie Nail Colour
in **Orange**, £9.50.

sexy summery new nail colours

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in **Ivory**, £3.49.



Revlon Nail
Enamel in
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L'Oréal Paris
Resist & Shine
Titanium Nail
Polish in **100**,
£4.99.



Givenchy Vernis
Please! in **Island
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**Key competitor in the mass market.



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Beauty has no age limit.

Beauty secrets

Beauty editor Sarah Cooper-White reveals all the new trends, tricks & buys

Solve every skin problem

I can't get enough of **Vie at Home Above & Beyond Targeted Anti-ageing Elixirs**, £35 per trio. There are three different treatments depending on what your skin's needs are that day. Choose from wrinkle plumping, lifting or collagen boosting.

GET SLEEK HAIR

FACT: frizzy hair **can** ruin your day!

FACT: **Avon Advanced Techniques Lotus Shield**, £7, can make it all OK. Just spritz the lightweight lotion on your hair before you style it to make it moisture-proof and frizz-free.



Smells like spa... ah

I'm a huge fan of Elemis skincare and bodycare products, so imagine my excitement when the new **Elemis Eau de Parfum**, £35, landed on my desk. The fragrance is fresh and uplifting, leaving you feeling like you've had a lovely spa treatment!

Stay safe in the sun

UV protection that packs a real punch...

◆ **Nivea Sun Protect & Bronze Sun Lotion SPF20**, £12.55 – this helps speed up melanin production in your skin for an even, longer-lasting golden glow.

◆ **Alpha-H Daily Essential Moisturiser SPF50+**, £25.50 – gives powerful everyday protection yet it's surprisingly light in texture, so doesn't leave your skin feeling clogged. This is one to include in your summer skincare routine.

◆ **Uzuri Anti-Tan Gel SPF40**, £11.99 – if you've got black or Asian skin, some suncreams can sometimes leave a chalky residue, but this lotion has been specially formulated to go on clear. It helps to stop your skin darkening and gives maximum protection, too.

NICE LEGS!

- ◆ Bring neglected legs back to life by exfoliating them at least twice a week – it'll also help give you a smoother, closer shave. I like to mix sea salt with body oil for a natural fix.
- ◆ For the smoothest, nick-free shave, change your razor at least once a month. I'm loving the new **Bic Soleil Bella razors**, £3.45 for three, which has four blades to give a better, closer shave.
- ◆ Legs can get really dry so put body oil onto damp skin, pat dry, then apply a body lotion or butter for a maximum moisture boost.

If you want gorgeous looking legs, it's worth taking the time to give them a little bit of TLC.



look happy

Apply a shimmer body oil down the front of your legs to make them look longer and slimmer.

Speed tanning!

With the weather warming up, we're all coveting that sun-kissed golden tan before baring our arms and legs. Why not treat yourself to our Airbrush Tanning System and get the golden goddess look in a flash.

- ✓ Get a beautiful long-lasting tan in the comfort of your own home.
- ✓ Includes: spray unit, tanning solution, exfoliating lotion with glove, mains charger.
- ✓ £29.99 (+ £2.99 p&p) saving £10 on RRP.

TO ORDER, and for terms and conditions, call freephone 0800 138 0088 (quote XES252, product 043E12). Calls from mobiles and non-BT landlines may incur a charge. Closing date 31 August 2010.



WIN with essentials

We've got a goody bag full

of **Bic Soleil** products, plus two tickets to see *Legally Blonde* to give one lucky reader. Go to page 123 and tick ESSTREAT2 08 – you can enter by text and phone, too.

Choose colour

Get ready to wow with beautiful, long-lasting colour and shine

Last summer, L'Oréal Paris asked women who love their home hair colour to enter a competition to be a Colour Coach in its new Campaign for Colour. The aim of the campaign is to reassure women who are anxious about home hair colouring and show them how easy it is to achieve fabulous results and salon-worthy shine at home.

Sarah Ellis (right) was the obvious choice to become the Colour Coach for Récital Préférence because she adores the beautiful blonde shade she can achieve at home and the way her hair looks shiny for weeks afterwards. This is due to the patented Récital Préférence anti-fade system which ensures colour is locked into the hair to keep it looking gorgeous. She loves the fact that she can change her hair colour with each fashion season, or as the mood takes her, knowing that the resulting shade will be fresh, vibrant and shiny-looking every time.

Whether you fancy being a blonde, redhead or brunette, L'Oréal Paris Récital Préférence offers 32 shades, all with up to 100% grey coverage. L'Oréal has been an expert in home hair colour for 100 years and the Récital Préférence range makes transforming your hair colour and getting a salon look at home simple.



Don't forget to be colour safe
www.becoloursafe.com



Visit loreal-paris.co.uk for details



MEET THE COLOUR COACH

Name Sarah Ellis

Age 35

Location Norfolk

Family Husband Richard and daughters, Ashley, 13, and Guinnie, 7

Occupation Works with adults with learning difficulties

Favourite shade L'Oréal Paris Récital Préférence in Oslo Natural Blonde 9

because she likes her colour to look natural, but professional, and she loves the Préférence conditioner!

Of all the women who entered the competition to be a Colour Coach, Sarah was one of four lucky winners invited to London to be the stars of a glamorous



photoshoot complete with hair and fashion stylists, make-up artist and photographer.

'As a busy working mum, I find colouring my hair easily fits into my life and I love getting the salon look at home. It leaves me with the natural yet glamorous-looking hair that I adore.'

Sarah Ellis, L'Oréal Paris Colour Coach

Complete the look

Five quick fixes to help you re-create Sarah's glamorous new style



Salon-shiny

L'Oréal Paris Elvive Colour Protect Shampoo nourishes hair from root to tip.



Silky smooth

L'Oréal Paris Elvive Colour Protect Conditioner reflects radiance.



Flawless finish

Find the **L'Oréal Paris True Match** foundation to suit your skin tone.



Glossy lips

Get the perfect pout with **L'Oréal Paris Glam Shine** in 400 Juicy Rose Glow.

Strike gold

Add sparkle with **L'Oréal Paris Colour Appeal** eyeshadow in Sheer Gold.



My top tips

Sarah uses **L'Oréal Paris Récital Préférence** in Oslo Natural Blonde 9. This light almond blonde shade maintains the natural highs and lows of her hair colour. Here Sarah shares her secrets for easy application and great colour results every time.

1 I'm a believer in choosing a colour

to match your skin tone. Having pale skin and naturally fair hair, I use a shade that works well with my colouring. Personally, I think it's best not to be too radical, but that's up to the individual – it's your hair after all. I also like to colour my hair about a week before a special event because it seems to me that the colour is even better after a few days.

2 Prepare well. Even though Récital Préférence is simple to apply, I always wear an old top to protect my clothes from splashes and keep an old towel close to hand just in case. Before I start I lay out all the products from the box in the order I need them so they're within easy reach.

3 Start applying colour at the back

of the head where the hairs are thicker, then the sides and finally the top of the head for the most even coverage.

4 After rinsing out the colour,

I use the conditioner supplied for incredible softness – it's amazing that you can get such rich colour and great condition, too. I apply a small amount every week, and it lasts for about six weeks, keeping the condition of my hair just as I like it.

5 I look after my hair between colourings

with L'Oréal Paris Elvive Colour Protect shampoo and conditioner, and every couple of weeks I use Elvive Colour Protect masque for nourishment.

Find the hue for you!

With 32 gorgeous shades in the Récital Préférence range, you're sure to find a colour to fall in love with. From Riviera Mahogany Chestnut to Lightest Ash Blonde, your no-fuss new look is waiting for you.

THE COMPLETE COVER-UP!

◆ **L'Oréal Paris Récital Préférence** contains anti-fade colourants to give you beautiful, super-shiny colour. It's available in stores nationwide at RRP £6.49.



101 tiny tweaks for a healthier, happier day

Small daily changes can add up to big results, so from the time you get up 'til your head hits the pillow there's no excuse not to feel 101% better!

4 tips for a productive day

KEEP FRESH FLOWERS OR A PLANT AT WORK Studies have found that live plants increase creative thinking, lower stress and boost productivity – possibly because they release oxygen and remove CO₂ from the air.

CHEW AWAY STRESS The liquid centre in Bach Rescue Chewing Gum (£3.95, Holland & Barrett) contains four drops of the flower essences used in Rescue Remedy.

DO THE DAILY CROSSWORD Doing a mental exercise twice a day could help delay memory loss associated with dementia. Puzzles, reading, playing cards or board games, even adding up the shopping before getting to the till, also count.

DOODLE Far from distracting people, it actually focuses the mind and stops daydreaming. In memory tests on 40 volunteers, doodlers performed 29% better than non-doodlers when asked to recall names and places.

3 tips for a happier journey

- ◆ **Leave ten minutes earlier.** The less worried you are about being late, the more relaxed you'll feel. Obvious really!
- ◆ **Keep yourself entertained when you travel** – it's a great way to de-stress. If you've been meaning to learn Spanish or read the latest bestseller, here's your chance.
- ◆ **If driving, adjust your rear-view mirror** so you have to sit up straight to see in it. This simple measure prevents you slumping, avoiding strain on muscles, joints and internal organs.

1 THING TO DO BEFORE LUNCH Book your dental appointment or leg/bikini wax for late morning when your natural painkillers are at their peak.

5 ways to start the day

BRUSH TEETH BEFORE BREAKFAST to prevent erosion, says Dr Nigel Carter of the British Dental Health Foundation (dentalhealth.org.uk).

SWITCH TO OMEGA-3 EGGS, higher in the fatty acids known to benefit heart and mind.

TAKE MULTI-VITS with breakfast, says Alison Duker of Eat Better Now (eatbetternow.wordpress.com). 'Food helps vitamins be absorbed.'

WHIP UP A BLUEBERRY SMOOTHIE with natural yogurt. Just 200g of the fruit boosts concentration by as much as 20%.

USE A SLOW COOKER Throw in meat and veggies and come home to a healthy meal.



8 ways to brighten your morning

◆ **Sleep with your curtains half open.** Natural sunlight slows down melatonin production and bumps up adrenaline, signalling your brain to wake up.

◆ **Turn on the music.** Research claims listening to your top tunes can boost your immune system and even fight off disease.

◆ **Stretch to loosen joints** and increase flexibility. Elongate your spine and stretch out your limbs.

◆ **First thing, think of something nice** you can do for yourself: go shopping or watch your fave show.

◆ **Reduce morning stress** by deciding what clothes to wear the night before.

◆ **Say cheese!** We do it when we're happy, but smiling also makes us feel happy, says Dr Robert Cooper, co-author of *The Power of 5* (£18.95, Rodale Press).

◆ **Move your body.** A brisk walk first thing produces mood-boosting endorphins for the rest of the day.

◆ **Don't make your bed!** Leaving it unmade in the morning helps remove moisture from the mattress and sheets, so dust mites dehydrate and die.



drink happy

Water is not only good for your skin, it's calorie-free and fills you up. If you don't like it on its own, add a splash of juice or cordial to liven it up. Go on, get supping!

stretch happy

Regular stretching lengthens muscles and improves flexibility, so if you're standing around, ease yourself gently into position and s-t-r-e-t-c-h!

6 things to do while waiting for the kettle

KEEP DUMBBELLS NEARBY and work your upper body. Using A Shake Weight, £29.95 (newimagetv.co.uk; 0800 883 0314), for just six minutes a day can banish bingo wings, it's claimed.

GRAB A GLASS OF WATER A major study suggests that women who drink more water reduce their colon cancer risk by up to 45%.

'PULL IN YOUR BELLY BUTTON towards your spine, hold it for 5-10 seconds and keep breathing normally,' says fitness expert Rachael Anne Hill. 'This works the transverse abdominus muscle that pulls in your stomach.'

CHECK YOUR SMOKE ALARM Research shows that 41% of alarms failed to operate because the battery was missing.

EAT A BANANA, PLUM OR HANDFUL OF GRAPES Just one extra portion of fruit or vegetables a day could cut the risk of dying early by 20%.

APPLY SOME HANDCREAM

Regular use will help reduce ageing, dry, skin.



4 THINGS TO DO AT LUNCHTIME

◆ **GET OUTSIDE TO CLEAR YOUR MIND** A ten-minute brisk walk leaves you relaxed and energetic, while vitamin D from the sun boosts immunity.

◆ **VISIT A GALLERY** Workers who spent their break viewing art have been found to have 32% less of the stress hormone cortisol in their saliva than before their visit.

◆ **BUY THEATRE TICKETS, not shoes.** Experiences make you happier than things, says Harvard professor Daniel Gilbert.

◆ **GIVE BLOOD** A good deed will improve your well-being.

6 steps to shoehorn exercise into your day

◆ **Exercise in quick spurts.** People who do just four to six 30-second sprints reap the same heart-health benefits as those who log a moderate 40- to 60-minute workout. Try skipping for three minutes or sprint to and from the postbox.

◆ **Sit on a wobble board,** from £17.99 (return2fitness.co.uk; 01953 600 930) while watching *Corrie*. This works your core muscles, strengthening your abs and lower back, and improves balance and posture, according to Helena Greenwood from the British Osteopathic Association.

◆ **Walk a pooch.** Dog-walkers do more exercise than gym members, according to recent research. If you don't have a dog, borrow a neighbour's.

◆ **Need motivation to go running?** Contact the Women's Running Network (womensrunningnetwork.co.uk; 01392 841 148) to find a local jogging group or sign up for a charity race.

◆ **Do 12-16 squats just before bed.** Pretending to sit in an imaginary chair is particularly beneficial for your hips.

◆ **Always take the stairs.** Volunteers in a study who ditched the lift showed lower blood pressure and cholesterol levels, and decreased waist measurements.

4 all-natural pain-relievers

Muscular tension, stiff neck and shoulders The nightshade extract in Belladonna Plaster, £1.49 from pharmacies, is clinically proven to increase blood flow to the affected area and so alleviate pain.

Period pain Skullcap and Crampbark Compound, £8.50 for 100ml (napiers.net; 0131 343 3292), eases spasmodic aches, helps improve circulation and relaxes muscles.

Headache Boots Cooling Head Stick, £3.99, contains natural essential oils including peppermint and eucalyptus to cool, soothe and banish pain.

Backache ThermaCare Therapeutic Heat Wraps, £5.97 from pharmacies and Tesco, deliver consistent heat for up to 12 hours, providing effective pain relief.

1 THING TO DO AFTER LUNCH 'Drink tea or coffee after a meal – not with it,' says nutritionist Alison Duker. 'The tannins in them inhibit the absorption of vital nutrients.'

5 sneaky ways to your 5-a-day

◆ **Add a banana,** cup of berries or tablespoon of raisins to your cereal – or top your toast with grilled mushrooms or tomatoes.

◆ **Down 150ml of juice.** A simple way to get in a portion – and one daily glass can cut stroke risk by a quarter, say Harvard University scientists.

◆ **Frozen vegetables** are just as nutritious as fresh with no preparation or wastage. Add a few handfuls to whatever you're cooking.

◆ **Hide the veg!** Try grating some carrots into shepherd's pie, or add puréed broccoli to a tomato pasta sauce. Vegetable curries always go down well.

◆ **Keep a fruit snack** in your bag – it can stop you chomping biscuits. Try lots of different types of fruit to keep it interesting.

7 ways to make supper healthier

EAT FRESH OR CANNED OILY FISH TWICE A WEEK

It reduces the risk of heart disease and boosts your immune system.

Don't like fish? Use flaxseed or walnut oils in cooking.

HAVE A SMALL GLASS OF RED WINE with a meal to boost 'good' cholesterol.

GRILL YOUR VEG

Peppers, courgettes, tomatoes, aubergine and big fat mushrooms all taste great when drizzled with olive oil and grilled.

MIX FRUITS IN YOUR SALAD

A sprinkling of raisins, diced apple, sliced kiwi all make great tasty additions.

NO TIME TO COOK? Add a packet of prepared fresh vegetables or salad to your ready meal. This fills you up and adds to your 5-a-day.

BE ADVENTUROUS WITH SPICES AND DITCH THE SALT

For instance, turmeric and ginger have heart-protecting, anti-inflammatory properties.

'UP YOUR INTAKE OF FOODS RICH IN THE AMINO ACID

TRYPTOPHAN such as bananas, turkey, figs and oats,' says, nutritionist Jack Challem. 'They stimulate serotonin, which helps battle depression, sleep problems and anxiety.'

sit happy

Even if you're not a yoga bunny, when sitting on the floor think of your posture. Put the soles of your feet together and hold your back and neck up, strong and straight.

4 ways to reduce your risk of illness

◆ **Choose the first cubicle in public loos** – it's the least used and so it's usually the cleanest.

◆ **Clean chopping boards in a dishwasher** or use an antibacterial product to reduce the risk of cross-contamination, a cause of food poisoning.

◆ **Blow and throw!** Cold and flu viruses can live for 48 hours, or longer, if hankies are kept in a warm place like a handbag.

◆ **Carry your own pen.** Using communal pens is a prime way to pick up germs as cold viruses can live on hard surfaces for at least 18 hours.

5 ways to banish the afternoon blues

PLAN A DAILY TREAT Having something small to look forward to every day – a soak in the bath or a few chapters of a good book – makes you happier than bigger treats less often.

SWALLOW A DAILY CAPSULE OF COD LIVER OIL The omega-3 fats boost the happy hormone serotonin in the brain.

EAT THREE BRAZIL NUTS They're an excellent source of selenium, a mineral that may help prevent depression.

DE-JUNK YOUR DESK AND YOUR INBOX

Reducing energy-sapping clutter leaves you feeling energised.

BUY A BOUQUET

Just looking at fresh flowers puts you in a brighter mood.



3 WAYS TO CUT BACK ON YOUR DRINKING

◆ **ONE IN FIVE WOMEN** drink enough to damage their health, but you'll drink less without even noticing by pouring into smaller glasses (250ml of wine is a third of a bottle!).

◆ **KEEP A JUG OF WATER** on the dinner table. It's too easy to keep on pouring the wine until it's empty.

◆ **TRY SOMETHING NEW** Swap your favourite tippie for a refreshing juice drink.

7 ways to de-stress your evening

THINK TWICE ABOUT OVERTIME Working more than 60 hours a week doubles the risk of type-2 diabetes in women.

GET STUCK INTO A GOOD BOOK Unhappy people watch 20% more TV than self-described happy people.

STRAIGHTEN YOUR SPINE Poor posture stiffens the neck, blocking signals to your brain that help maintain blood pressure, heart rate and breathing.

TRY 'SITTING MEDITATION' to get rid of tension. Sit on the floor with a straight back. Look at the second hand of a watch. Inhale for three seconds, and then exhale for three more. Continue for at least three minutes.

WATCH A FUNNY FILM Those who laugh a lot live up to seven years longer than average.

LIGHT A CANDLE, but choose soy wax and essential oils. They burn slowly and don't release toxins.

HAVE A NIGHT OUT WITH THE GIRLS The happiest 10% of people prioritise relationships with friends and family, according to researchers.

5 ways to keep your smile

CRUNCHY FRUIT AND VEG reduce plaque and keep teeth clean.

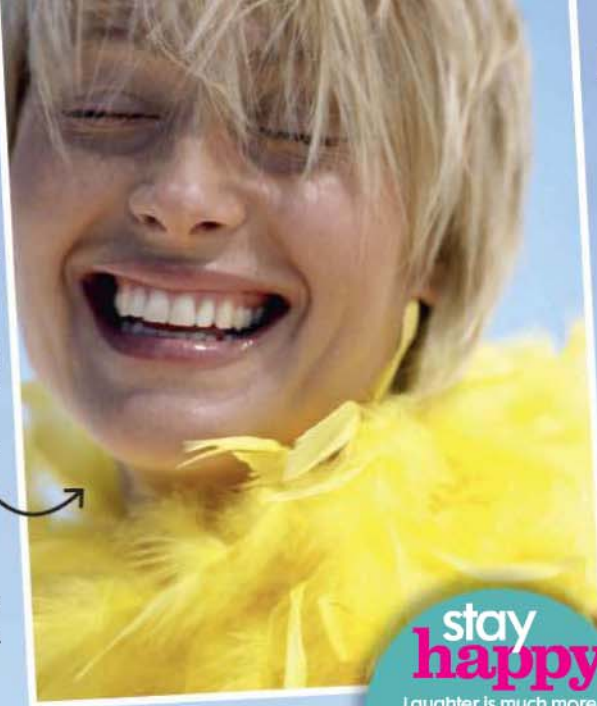
'CHEESE HELPS NEUTRALISE

PLAQUE ACIDS, so is a good choice to finish a meal,' says Dr Nigel Carter.

FLOSS! Only a third of us do so, and yet the 60 seconds it takes helps get rid of bacteria-laden plaque.

USE A STRAW to prevent the fruit sugar from juices and smoothies coming in contact with your teeth.

MAKE IT BRIGHTER Try Smilestrips, £45 for a 14-day course (smilestrips.co.uk). Half an hour a day should whiten teeth in three days.



stay happy

Laughter is much more infectious than a cough or a sneeze, so don't hold back when you find something funny. Get chuckling!

3 ways to lift your libido

◆ **Read an erotic book** for a few minutes every other day. Try *Five Minute Erotica* by Carol Queen (£6.99, Running Press).

◆ **Try a lubricant** such as Vielle Stimulating Gel, £3.49 from Boots, which stimulates your clitoris by increasing blood flow to the area.

◆ **If you're not one for oysters** – a rich source of the libido-boosting mineral zinc – try Viridian Balanced Zinc Complex, £6.45 (nutricentre.com).

6 be-kind-to-your-feet tips

DITCH OUCH-INDUCING FOOTWEAR! More than

a third of women buy shoes they know don't fit and 80% have foot problems, says the Society of Chiropodists.

LET YOUR FEET STRETCH AND BREATHE by walking barefoot around the house.

INVEST IN A DECENT PAIR OF RUNNING TRAINERS rather than wearing slippers if you do suffer from foot problems.

AVOID PAINFUL INGROWING TOENAILS by always cutting them (after a bath when nails are softer) in a straight line without rounding the corners.

PREVENT HARD SKIN BUILD-UP and cracked heels by rubbing in olive oil and sea salt and buffing feet with a foot file until super-smooth. Try the Alida Foot File, £9.99 (victoriahealth.com).

DON'T ATTACK CORNS AND VERUCCAS 'View foot problems as you would toothache, by consulting a registered podiatrist or chiropodist,' advises podiatrist Mike O'Neill.



3 WAYS TO EAT BETTER

◆ **SLOW DOWN AND CHEW YOUR FOOD** 'It takes around 20 minutes for the signal to go from your stomach to your brain to let you know that you are full,' explains Ali Campbell, celebrity coach and weight-loss expert (theslimgirlsboxofsecrets.com).

◆ **KEEP A FOOD LOG** You're more likely to think twice about sneaking that extra biscuit if you make a note of everything you eat. See page 127 for our *essentials* diet club offer.

◆ **EAT AN APPLE BEFORE YOUR MAIN MEAL** The soluble fibre in apples stops your body from absorbing sugar too quickly.



2 biggies to consider as you drift off...

◆ **KEEP YOUR GLASS HALF-FULL** Optimists are half as likely to die prematurely, according to a study. It seems being hopeful may keep disease at bay and optimistic older people have better immune function than pessimists.

◆ **CONSIDER LEARNING A NEW SKILL** Many centenarians attribute their longevity with having made significant changes in their lives, says Dr Roger Henderson, author of *100 Ways to Live to 100* (Piatkus).



9 ways to deep, uninterrupted sleep

◆ **Go to bed at 10pm**, says Dr Jason Ellis, Director of Northumbria Centre for Sleep Research. 'The old wives' tale – an hour before midnight is worth two after – does contain some truth. Earlier sleep tends to be more physically refreshing.'

◆ **Test your pillow by putting it over your outstretched arm.** If it flops over the sides, it needs replacing.

◆ **Put lavender on your bedside table.** After four weeks, volunteers with mild insomnia said their sleep problems were halved, according to research.

◆ **Use your landline for bedtime calls and keep your mobile two or three metres from the head of your bed.** Radiation given off by mobiles can cause insomnia and headaches.

◆ **Skip the nightcap** – it might help you drop off but robs you of deep, restorative sleep.

◆ **Take a hot bath one and a half to two hours before bedtime.** A study published in the journal *Sleep* found that women with insomnia who did this slept better.

◆ **...Or warm your bed socks on the radiator.** This also induces sleep, reveal studies.

◆ **Spritz Enerjii Rest Vitamin Supplement Spray, £18.35** (nutricentre.com), directly into your mouth to help you drift off.

◆ **Forgive someone who's hurt you.** A study showed that people who find it easy to forgive others tend to be better sleepers.

happy tip

READER OFFER

Some of our tips are adapted from the new book *5 minute Health Boosters* from Reader's Digest. Readers can order this book for the special price of £21.99 (RRP £26.99) with free p&p (UK only). To order, please call 0844 880 5851 or visit rubooks.co.uk and quote code RS2149.

Can the Internet make you better?

When we get an unfamiliar ache or pain, the first port of call for many of us isn't the doctor, it's health websites. But how should we access the best online advice?

We shop online, chat online and, if we need facts at our fingertips, these days we're more likely to search online than trawl through an encyclopedia.

Indeed, the Internet is our first point of call for all sorts of information – from advice on when to prune our privet to how long you should bake a carrot cake for. So, it makes sense that, if we have a headache, high temperature or heartburn, we 'Google' our symptoms, too.

The web is heaving with health-related information and, it seems, we can't get enough of it. A Microsoft survey found around 2% of all web searches are associated with health queries. And, according to the Royal College of Surgeons of England, it's estimated that, in the UK alone, there are some 60,000 organisations offering health and social care-related information online.

The upside of being able to access medical advice at the click of a mouse is that we're all becoming better informed about our physical well-being.

But one of the downsides of trawling the web for health information (some of it previously available only to medical practitioners who've trained for years, so they know how to interpret that complicated mumbo-jumbo), is that all this research can leave us convinced we have a rare, life-threatening condition.

The Microsoft researchers found,


for example, that online searches for common symptoms were just as likely to produce search results suggesting serious illnesses, as they were common minor ailments.

So, a simple dehydration headache (even though you suspect you haven't swigged enough) becomes a 'brain tumour'; heartburn morphs into an imminent 'heart attack' (when you're well aware that you wolfed down your dinner to put the children to bed on time). And a slight shaking of the hand becomes a sign of a 'serious neurological condition' (despite the fact that you had almost a bottle of wine with friends the night before). You get the picture?

Acute 'cyberchondria'?

Doctors even have a name for this self-diagnosis of a serious condition – 'cyberchondria'. According to a study published last February in the *British Journal of Medical Practitioners*, many GPs dread the sight of a patient dragging an armful of Internet printouts into a consultation.

Some doctors admit to feeling intimidated by web-wise patients who will have read inaccurate or misleading information. All doctors agree, though, that whatever disturbing information you find on the net, you shouldn't attempt to self-diagnose a serious ailment without seeing a medical professional.



An apple a day keeps the online doctor away.

'Patients should never decide that they've got a disease or condition simply by typing their symptoms into a search engine and reading what follows,' says TV GP Chris Steele, who runs health website thefamilygp.com.

'If you're concerned about anything you've read on the Internet, make an appointment with your GP, or visit your local pharmacist for advice.'

But with 148 million search results for 'cancer' and 57,400,000 search results for 'heart disease', how are we supposed to sort through the reliable and the downright dangerous advice?

Getting the best advice

A good place to start is the Health on the Net Foundation (healthonnet.org), set up to improve the quality of medical and health information available on the web. Here, you can search for websites all over the world that contain trustworthy medical information.

Common sense is also important when logging on... 'Avoid "miracle cure" websites, and be very wary of sites with a commercial angle,' suggests Dr Steele. 'A good, informative health website won't be trying to sell you something, it will be there to inform.'

'Stick to sites with medical verifications you can trust – the NHS and the Department of Health, for example. Anything placed on these websites is checked and double-checked by experts.'

'For people with an ongoing health condition, a good first stop for information will be the UK support group for that particular condition – these websites offer unbiased information and advice vetted by medical specialists in that area – or they can lead you to medical sites that their members have found useful and reliable.'

'Steer clear of websites offering online diagnosis, too,' advises Dr Steele. Take advantage, instead, of reputable sites that can be used effectively as preventative healthcare tools.

Used correctly, there's no doubt that researching health online can empower us, teach us more about certain conditions and, even if used in conjunction with medical advice, stop us pestering our GP so often...

'Going online motivated me to slim sensibly'

Cherry Peters, 31, is married to Jeremy, 32, and they live in Sussex.

'All my friends were stick-thin at school, and yet when I ate chips and crisps I piled on pounds. By the time I was 14 I was wearing a size 16. I was bullied and felt worthless, so I starved myself, drinking water and eating just an apple a day. When I was 17, I weighed just 6st. My parents paid for counselling for me and I started eating again, but food had become the enemy, and I'd throw up, in secret, after eating.'

When I left school, started a job and broke up with a boyfriend, I began suffering panic attacks. The first was when I was getting ready to go clubbing. My heart was pounding, I shook uncontrollably – and thought I was going to die.

Jeremy, who I met when I was 18, has been so supportive, but I've not been easy to live with. I refused to fly abroad or do anything new for fear of having an attack. I also either binged and purged, or starved on faddy diets.

At 30, I desperately wanted a better quality of life for us, but didn't think it possible, until I came across life coach Pete Cohen's websites.

On Pete's weightlossguru.com, I listened to his inspirational podcasts about how it's possible for all of us to change bad eating habits by looking at food in a different way. His view is

'I get huge inspiration and boosts from the online community'

it takes, on average, 21 days to retrain your brain into thinking and acting differently. He talked about how the past is the past and that anyone can change and make their future better. I was inspired.

Eating healthily was one of the first steps, so I followed Pete's recipes, buying fresh food and cooking healthy meals. I kept reminding myself of his advice to retrain my brain and body into

enjoying food. I told myself to eat slowly and enjoy the fresh, healthy flavours.

Gradually, I felt my attitude change; and I began to enjoy cooking.

A friend told me of a 28-day course Pete ran on petecohen.tv. I signed up to receive video coaching from him in podcasts and daily emails. Talking on his websites to other people with similar issues helps keep me going.

I've lost weight, and have learned to enjoy food, and life, again. He's also helped me conquer some of my panic and nervousness with deep breathing advice. I'm not as uptight as I used to be and my confidence has soared.

For our anniversary, I flew to Crete with Jeremy... without taking Valium. I wore a bikini and ate three delicious meals a day. I'm sure going online has helped me conquer my demons.'

◆ Three months' membership at petecohen.tv costs £79.95.



'The net helped me to quit my nicotine addiction'

Jane Broadhurst, 38, lives in Cheltenham, and is single.

'Like so many teenagers, I started smoking on nights out, just so I could feel part of the crowd.

As time passed, and I began work as an office manager, cigarettes were my relaxation tool. I'd have two in the morning with my coffee, one at lunch, two when I finished work, and a few in the evening with a glass of wine.

I smoked roll-ups and one of my fingernails became

nicotine-stained! I also had to suck mints before letting my non-smoking boyfriend near me and washed my hands constantly. I was aware of the health implications, but last winter began to feel physical symptoms and noticed a tightness in my chest, even just walking my dog. I was plagued with chest infections, and knew it was time for change.

I checked out allabouthealth.org.uk, featuring an interactive tool which could help smokers to quit. I found a wealth of advice on how to stop smoking, including taking more exercise. I was also advised to get my cholesterol and blood pressure checked as they can be affected adversely by smoking.

The website then encouraged me to set a date to give up smoking – so I keyed in 27 December. I then had to answer lots of other questions such

Jane no longer needs a cigarette to be able to relax.



as why I was giving up and how I wanted my health to improve.

Writing everything down helped, so that when the date came for me to stop, I felt prepared and in the right mindset. There were moments when I felt I might waver, but I'd go online and read up on tips to ward off cravings: cleaning my teeth, sipping

water, keeping hands busy.

I found it useful to look up how my health

may be improving every day without a cigarette. There were soundbites about how nicotine leaves your system after three days and that I'd be able to taste and smell better after a week.

I haven't had a cigarette for months and I'll never go back! The tightness in my chest has gone and for the first time in ten years, I haven't had a chest infection. I feel better about how I look (and smell!). I'm getting another dog, so I can exercise more, and hope to meet a new man, so I can enjoy some fresh-breathed kissing!

Quitting without the help of the website would have been difficult – it gave me something to focus on.'

◆ For more advice on giving up smoking and ongoing support, visit out allabouthealth.org.uk.

'Watching others battle onwards really bolstered my willpower'

quit happy

Many find it easier to quit smoking with a partner or a friend – free support and positive help!

FIVE OF THE BEST

Family health websites

Why not have a look at some of these no-nonsense health websites offering reliable advice?

boots.webmd.com holds information on a range of health conditions, and has daily wellness news, interactive health quizzes, assessments and a symptom checker.

healthtalkonline.org and its sister website youthhealthtalk.org offer a database of hundreds of filmed, recorded and written first-person experiences of living with conditions, ranging from depression to diabetes, pregnancy to chronic pain.

nhs.uk contains in-depth information on every condition known to medical science, and has topical advice, health blogs and a guide to health stories in the news.

cafamilly.org.uk is the website of Contact a Family. This charity holds information on rare disorders and has a facility to put families in touch with one another.

nhs.uk/midlifecheck allows you to fill in personal information about your personal lifestyle, and then you're given free feedback on what you're doing well and how you can make simple changes to improve your health and your lifestyle.

Looking for a happily ever after?

There's before the diet. And there's after.
But what about after the after?



Before: dress size 22

**A year after
losing weight:**
dress size 10

Well, there's happily ever after.

Losing weight is one thing. But if you don't
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*"Even after
losing weight, I still
use what I learned
with my LighterLife
Counsellor and group
to keep me this way."*
**Claire,
Newbury**



Another year on:
dress size 10




LighterLife

LighterLife Lite - if you're **1-3 stone overweight** (BMI of 25 to 29.9)
LighterLife Total - if you're **3 stone or more overweight** (BMI of 30 or above)

Simple body checks you can make this second

All the little oddities can tell us a lot about the state of our health, now and in the future. Here we tell you the best ways to offset any problems...

Do your jacket sleeves reach over your fingers?

According to a recent study in the journal *Neurology*, women with short arm spans were one-and-a-half times more likely to develop Alzheimer's disease than those with a longer reach. (Find yours by spreading your arms parallel to the floor and having someone measure fingertips to fingertips). Very short spans of less than 60 inches were thought to be due to poor nutrition early in life.

WHAT YOU CAN DO Put your arms – and your brain – to good use by taking

up a hobby, such as painting, sewing or knitting, says Alzheimer's expert Dr Anthony Fitzpatrick from Cambridge University. A five-year study by the Alzheimer's Disease Center at Rush University Medical Center, Chicago, discovered that adults who spent the most time engaged in leisure activities were more than two-and-a-half times less likely to develop Alzheimer's disease than those who rarely challenged their grey matter.

If your waistline is more than 35 inches, hit the treadmill

Is your index finger shorter than your ring finger?

If so, it's even more vital to take good care of your joints. According to a University of Nottingham study, if your index finger (the finger next to your thumb) is shorter than your ring finger (next to your little finger) you may be twice as prone to osteoarthritis in the knees. This difference in finger length may indicate lower levels of oestrogen, common in those with osteoarthritis.

WHAT YOU CAN DO 'Strengthen the muscles surrounding your knees to help prevent osteoarthritis,' says Kirsty Gardner, assistant manager at the Third Space (thethirdspace.com). 'Sit on a chair, then straighten each leg outwards in turn, parallel to the floor, holding for five to ten seconds. Repeat ten times.'

Keep your weight in check, too. 'This will alleviate pressure on your heart as well as your joints,' says Dr Rosemary Leonard. 'Eat a healthy diet, and do something active every day. And incorporate oily fish, such as omega-3-rich salmon and mackerel, into your diet.' You can also take a high-strength cod liver oil supplement such as Femibion Healthy Bones (£11.99) or, if you don't eat fish, try Flaxseed Oil from Boots (£7.49).

Are your jeans on the large side?

If your waistline measures more than 35 inches, it's time to hit the treadmill. According to a report in *Neurology*, adults over the age of 40 who carry excess fat around the middle are up to three-and-a-half times more likely to develop dementia in their 70s, as well as being at added risk of diabetes and heart disease. 'This may be because the visceral fat around your organs secretes inflammatory hormones, which may affect your health,' says Nutricentre's nutritionist Shona Wilkinson.

WHAT YOU CAN DO 'Eat a portion-controlled Mediterranean diet,' suggests Shona. 'The monounsaturated fatty acids in foods such as olives, nuts, seeds and avocado prevent the accumulation of visceral fat.' Or try Nature's Plus Mega CLA 1200mg (£32.10 for 60) from the Nutricentre (nutricentre.com). And a bit of exercise – even just walking every day – will help.

Are your earlobes creased?

And we don't mean lobes scarred by years of wearing earrings! Multiple studies show that linear wrinkles in one or both lobes may predict future heart problems, such as heart attacks or the need for bypass surgery. According to a study in *The American Journal of Medicine*, a crease on one lobe raises the risk by 33%; a crease on both increases it by 77%. Though experts aren't sure, they suspect a loss of elastic fibres may cause both the crease and hardening of arteries.

WHAT YOU CAN DO 'Keep your heart healthy by losing weight, eating a low-cholesterol diet and taking at least 30 minutes exercise every day,' says nutritionist Michael Van Straten (michaelvanstraten.com). 'It has the bonus of lowering your blood pressure, too.'

eat
happy

Dark-skinned fruit and veg such as blueberries, blackberries, plums, spinach and broccoli, with high antioxidants, are 'brain' food and help keep you alert.

Legs on the stocky side?

Then you need to look after your liver. British researchers have found that if your legs measure between 20 and 29 inches (inside leg) then you're more likely to have higher levels of the four enzymes that indicate liver disease.

WHAT YOU CAN DO Well, there's obviously nothing you can do about the length of your legs! However, to be kind

to your liver you can limit your alcohol intake to a small glass of wine or just one bottle of beer daily. And according to Allergy UK (allergyuk.org) it's a good idea to avoid any toxins that can affect your liver's health. 'Wear gloves and a mask whenever you are working with any type of harsh chemical,' suggests Muriel Simmons from Allergy UK.

Is your bra a D cup or larger?

If so, then it's even more important you take care of your health. According to a ten-year study published in the *Canadian Medical Association Journal*, women who wore a D cup or larger (at the age of 20), were one-and-a-half times more likely to develop Type 2 diabetes in later life. This was in comparison to women who wore an A cup and even those who had a family history of diabetes. This may be because the fat tissue in a woman's breast is hormonally sensitive and influences insulin resistance, which can

lead to diabetes. However, it's also likely that some larger breasted women are also overweight – a known risk-factor in diabetes. (Visit diabetes.org.uk). Not applicable to those with boob jobs!

WHAT YOU CAN DO According to nutritionist Subodh Gupta, 'Diabetes can be prevented by developing regular habit of exercise, eating healthy vegetarian food and managing stress well. Eat at least five portions of fruit and veg, and cut out fast food which is packed with salt.' Visit subodhgupta.com for information. Take time out for yourself to relax and beat stress as often as possible.

Do you get cold hands and feet?

If your extremities are constantly cold, it could mean you have poor circulation. One possible side effect is that your leg muscles may not get all the oxygen they need when you walk, leading to pain or cramps. Poor circulation can often be a symptom of hardening of the arteries. Your feet may also feel cold or numb a lot of the time, which can prove very painful. Poor circulation can also mean your skin is less able to heal itself if you get a cut or sore, which can lead to chilblains: hot, itchy, painful swellings on hands and feet.

WHAT YOU CAN DO Regular exercise will help keep circulation flowing the best it can and wrapping up against bad weather will keep pain at bay. You'll need a blood test to see whether you're suffering from high cholesterol, which may fur up your arteries. If this is fine, you can rely on eating oily fish, tuna, vitamin E, and other vitamin E-rich foods to boost your circulation.



Take time out
for yourself to relax
and beat stress

Does your diet need a summer boost?

Enough of the panicking at the prospect of baring some flesh – it's time to take action. Tweak your diet and get moving with our you-can-do-it summer shape-up

TIP-TOP SHAPE

Go for healthy, seasonal foods

It's time to ditch winter stodge for tasty summer foods that will shrink your waistline, boost your energy and make your skin glow. Whatever your weakness, here's our pick of the best seasonal food swaps...

◆ **IF YOU'RE A SNACKING FIEND**, swap your morning muffin for a fruit salad. Yes, it sounds like a massive sacrifice, but you'll save literally hundreds of calories (roughly 400). Get creative with your fruit salad – opt for antioxidant-rich berries to give your immune system a hand and add kiwis, guava and papaya for a vitamin C boost that helps to increase your skin's collagen production, which keeps skin youthful looking.

◆ **IF YOU'RE A SUCKER FOR ROASTS**, swap roast potatoes for roasted Mediterranean veg. Lower in calories and a better source of immune-boosting antioxidants – veggies such as aubergines, courgettes and peppers roasted in olive oil make a very tasty spud-substitute.

◆ **IF YOU'VE GOT A KILLER SWEET TOOTH**, swap hot chocolate for an iced coffee. No more fat-laden hot choc drinks now the temperature's rising. Iced coffee is far lower in calories and a great source of caffeine, which will help to boost your metabolism and suppress food cravings. Zap your usual coffee with six ice cubes in the blender and you're sorted.

◆ **IF YOU'RE A COMFORT-FOOD QUEEN**, swap pizza for pitta bread. Pizza is the ultimate winter comfort food, with its doughy base and lashings of melted cheese, but it's an enemy of a slim waistline. You can still enjoy a tasty, high-carb comfort snack at night by choosing pitta bread stuffed with sliced Edam that's been marinated in black pepper and olive oil. Bulk up the pitta with iceberg lettuce, olives and sun-dried tomatoes.

SHOP SMARTER

Get on the superfood bandwagon

While you're busy swapping comfort food for lighter substitutes, throw summer superfoods in your basket. We're not talking pricey, faddy buys... this is good, simple, everyday food.

◆ **Salmon** A salmon fillet is a great source of essential fatty acids, the 'good fats' that are essential for our well-being. At this time of year, salmon is delicious baked, griddled or BBQ-ed in foil with a squeeze of fresh lemon juice and dill or pepper.

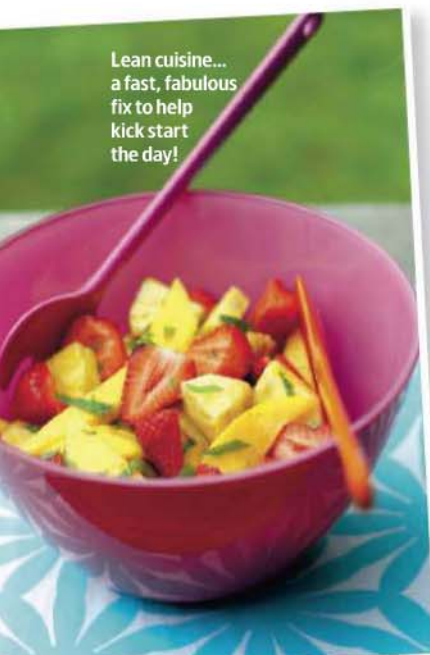
◆ **Blueberries** Stacked with vitamins and minerals, these fab fruits do everything from helping to slow the ageing process to boosting brain function. Add blueberries to yogurt and freeze for a terrific ice cream substitute, or sprinkle them on your cereal for a tasty, high-fibre breakfast.

◆ **Yogurt** Low in calories and high in calcium, yogurt is also a good source of protein. Eating yogurt is a low-cal way to boost bone density and help with hunger pangs throughout the day. Why not experiment? Make a dip such as tzatziki by adding chopped cucumber, garlic and olive oil, or use as a healthier alternative to sour cream on baked potatoes and fajitas.

◆ **Asparagus** A rich source of vitamin A, folic acid and fibre, asparagus is a delicious summer snack – perfect served with a little sea salt and shaved Parmesan (go easy on the cheese, though).



Lean cuisine... a fast, fabulous fix to help kick start the day!



eat happy

Stock up on healthy snack food you love and ditch those chocs. Keep fruit, health bars and veg sticks to hand.



Put your best foot forward now and you'll shape up for the summer in no time at all.

WORKIT OUT

Make exercise fun again

The best diet in the world is no substitute for exercise – it'll help shift winter's excesses, hone and tone long-forgotten muscles and boost your metabolism. But it doesn't have to be all pain and no gain. Consider heading outdoors and pushing yourself – try something that will challenge you mentally as well as physically. Go for activities you can do as a family, or with a friend. It's important to make exercise enjoyable, otherwise the likelihood of your sticking at it is minimal. Try one of these workouts with a twist...

◆ **GOLF** Be it a driving range, crazy golf, or pitch and putt, this game is a family-friendly exercise that burns off calories without you even noticing. Plenty of walking and twisting at the waist means that golf is a great calorie-burner and tones up your waist muscles, too.

◆ **FRISBEE** One of the best ways to stay in shape this summer... a half-hour game

of frisbee can burn around 350 calories – the equivalent of running three miles!

◆ **ROLLERSKATING** If you have great balance, try rollerblading or rollerskating – they do wonders for your bottom and thighs.

◆ **BACK TO SCHOOL** Hopscotch, skipping, kiss chase and favourites such

as British Bulldog and What's the Time, Mr Wolf? are fabulously fun ways to burn a few cals with the family – and you could see results doing as little as ten minutes a day.



It worked for me!

'Lifestyle changes helped me lose weight'

Laura Le-Starr, 34, from London.



'I'd exercised on and off over the years, but never managed to lose much weight. It was only when I made lifestyle changes I actually stuck to that I shifted a stone-and-a-half for my wedding. I took up running, but I try to keep some aspect of it fun – so I'll book a race but include it as part of a nice weekend away with my husband. I still like my comfort food, but just switched the type of comfort food – I'll eat a stuffed wrap rather than a pizza. Now the weather's warmer, healthier swaps become easier. I'll say no to a large bowl of cereal in favour of a yogurt and piece of fruit, which is definitely do-able for me.'

5 golden rules of your diet

SET GOALS Have a combination of physical and mental goals, so the focus is not always on your appearance. For example, your longer term goal might be to look good in a bikini by August, but a short-term goal might be to have completed two exercise sessions of 20 minutes by the weekend.

TIGHTEN AND TONE THROUGH THE DAY

A five-day-a-week gym habit is no good if it's dropped after a week – consistency is key. Exercise at every opportunity during the day; so do ten lunges as you Hoover, dance to the radio for five minutes as you wait for the pasta to cook, take the washing upstairs in multiple trips... and so on.

BEAT MINDLESS MUNCHING

Keep snacking to a minimum and don't keep weakness foods in the house. That way, you won't fall prey to the snack drawer after a day at work.

BE WARY OF PORTION DISTORTION

Make sure you're using a small-to-medium-sized plate for your meals and don't be afraid to ask for a doggy-bag if you're eating out. Large portions can undo all your good work.

WEIGH YOURSELF ONCE A WEEK

The scales are not your master – use them as a guide only. Don't become obsessed by your weight and restrict weighing to once a week only.

De-fuse your food

FAMILY GATHERINGS CAN MEAN GREAT FOOD and great company.

But no matter how relaxed you feel, some of the foods you like just seem to trigger heartburn and indigestion. One tiny Zantac 75 tablet works fast to reduce the amount of stomach acid produced, rather than just neutralise it. Zantac 75 has the power to stop heartburn and indigestion for **up to 12 HOURS**.

Contains ranitidine. Always read the label. ZANTAC is a registered trademark of the GlaxoSmithKline group of companies.

**POWER TO STOP
HEARTBURN & INDIGESTION**
for up to 12 hours



Is aspirin *really* a wonder drug?

If you take aspirin in the belief it can stave off a heart attack, stroke or deep vein thrombosis (DVT), you may need to think again. A new study by Edinburgh University has found little to suggest aspirin could prevent heart disease and also revealed that people who pop a pill every day had a 50% increase in the risk of internal bleeding. For long-term prevention of strokes and heart disease, experts say you're better off with a healthy diet, exercising regularly and losing a few pounds. And for DVT, try Sirco fruit juice, £1.99 per litre from supermarkets, which contains a tomato extract proven to improve circulation.



THE 3 VITAMINS YOU SHOULD BE TAKING!

As a nation, we spend over £400m a year on supplements, but these three are worth it...

- Vitamin D** Can be more effective at preventing flu than vaccines.
- Echinacea** Can more than halve chances of catching a cold and cut the length of symptoms by a day and a half.
- Cod liver oil** High in omega-3 fatty acids, and helps brain activity, blood pressure and cholesterol.



Health updates

All the latest news you need to know



happy tip

Fancy your own personal trainer? You need *My Body Coach*, £34.99 – a virtual coaching programme for Nintendo Wii, which includes two dumbbells. Editor Jules has tried it and loves it. You'll never need the gym again!



YOUR BODY FANTASY

Tight and toned legs and bum

MAKE IT A REALITY

No more flabby thighs or rear!

Try daily lunges for four weeks, plus regular cardiovascular exercise like power walking or swimming.

How to do it Stand tall, your feet hip distance apart, then take a big step forward, bending your knees. Lower your back knee a few inches above the ground, then slowly raise your body, bringing your front foot back to the original position. Repeat with the other leg. Do this repetition ten times, build up to two or three sets of ten repetitions, resting a few minutes between each.

KNOW THE SIGNS Skin cancer

Cases of skin cancer are on the rise, but detecting it at an early stage means treatment can be very effective. Cancer Research UK's SunSmart campaign has the ABCDE rule, reminding us how to spot possible signs of melanoma. There are other forms of skin cancer, too, so be aware of any changes to moles or areas of skin and see your GP. It's really just as easy as ABC...

Asymmetry The two halves of a melanoma may not look the same.

Border Edges of a melanoma may be irregular, blurred or jagged.

Colour The colour detecting of a melanoma may be uneven, with more than one shade.

Diameter Many melanomas are at least 6mm in diameter, the size of a pencil eraser.

Evolution A mole or patch of normal skin that has changed over time.

For more information on skin cancer, go to sunsmart.org.uk.

eat happy

Don't reach for chocolate when you're feeling low. Brazil nuts, bananas, porridge and even peas are all natural mood enhancers, helping to beat stress and depression.

No pain, no gain...

Yes, we know the Shakti Mat, £50

(victoriahealth.com), looks like a modern-day bed of nails, but, trust us, the benefits of using it really do outweigh the discomfort! From stress relief to easing muscle and back pain, helping with sciatica, depression and migraine, the mat has many uses. Just put it on a soft surface – your bed is ideal – lie back and try to relax for 20 minutes to feel the benefits.



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(Instant Radiance Moisturising Mask)

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Longue Vie Cellulaire (Vital Face Care)

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modern romantic laid-back

Just mix old and new furniture with bold colour and patterned accessories to get this gorgeous relaxed look



**live
happy**

Keep it clear – it's a known fact that serene surroundings keep us calm and cheery, while mess = stress.

A suburban oasis

Folding doors are left open in summer so the living room merges with the garden. Wood flooring meets the brick paving, which leads down the garden to the outdoor rattan sofa and chairs. For a contemporary garden use dramatic, jungle-style grasses and palms.

GET THE LOOK Outdoor rattan sofa sets with armchair and table included, from £599 for the set, at Zebrano Rattan Furniture. Crocus sells palms and grasses, from £14, or for bigger varieties try The Palm Centre.

Open-plan living

Debbie has made the main living space large and light-filled by removing the wall between the living and dining rooms. Old and new is mixed with confidence, with contemporary Philippe Starck 'Ghost' chairs at the French farmhouse table and a French armoire sitting happily next to the ultra-modern coffee table and sofa.

GET THE LOOK For affordable clear acrylic dining chairs, try the curved clear back chair, £79, Dwell. Find classic chandeliers at Bhs, John Lewis and House of Fraser, from £100.

CHIC IDEA

An opulent chandelier will steal the show.

Clever kitchen

The island workstation is the latest kitchen must-have, easy for cooking and entertaining. The stainless steel larder to match the fridge adds to the designer look, contrasting with subway-style tiles, a chandelier and stools made from old tractor seats.

GET THE LOOK The island worktop is Corian, but the more affordable Encore glacier white worktop costs from £50 a metre at Bushboard. Milford white brick-effect 10x20cm wall tiles, £23.52 a box (covers 0.8 sq metres), Topps Tiles. Stainless steel larder cupboard, from £859, Cavendish Equipment.



tip Hide unsightly electronics such as TV and stereo in shabby chic furniture like this distressed armoire.

happy tip Keep stainless steel streak-free by buffing it with a drop of baby oil on a cloth.



MEET THE OWNER

Debbie Cronin lives in north London with her two groodies (golden retriever and poodle cross) Daisy and Ted. When she bought the house it was dark and dingy. She removed a wall downstairs and painted it white throughout. Now it's a light and airy home, and it's Debbie's choice of old-style chandeliers, modern glossy and shabby chic furniture with pops of bright colour that make it so gorgeous.

Carry the theme upstairs

Master bedroom

The sleigh bed picked up on eBay was given a modern feel with a lick of matt black paint. It creates a rich opulence teamed with the French cherub prints in ornate gilt frames and Venetian-mirrored photo frames. The white glossy bedside cupboard and colourful bedding are in stark contrast, which is the key to this successful look.

GET THE LOOK Gold distressed-finish frames, from £14-£100 depending on size and style, eframe.co.uk. Cherub prints from £13, allposters.co.uk. LSA clear globe vase, £42, Heal's.

CHIC IDEA

For an easy luxe look go for 'old masters'-style gilt frames and prints.

tip To paint a bed, first sand it down, then wipe over with white spirit. Paint a primer coat, then an undercoat. Finally, paint with top coat and, when dry, a second top coat. For a good matt black paint, use Pitch Black no 256 in Estate Eggshell, £26.50 for 2.5 litres, Farrow & Ball.

colour happy

Yellow is the happiest colour: a flower, cushion or even soap will make you smile.



Subway-style bathroom

This is a new take on the traditional black and white tiled bathroom. The white brick tiles dominate the look (also known as subway style) and black rubber flooring is a practical option. Missoni towels and lush green plants provide bursts of modern colour.

GET THE LOOK Milford white brick-effect wall tiles, Topps Tiles as before. EN21 black rubber floor stud tile, £34.95 per sq metre, The Rubber Flooring Company. Missoni towels, from £12, House of Fraser.



happy tip

Emphasise the brick-effect wall tiles with grey or black grout instead of the usual white.

Boutique guest bedroom

Any bedroom can get this easy stylish look with a grey feature wall and classic black metal bedstead. Soften the look with cushions in silky muted pinks, creams and geometric black patterns. Soft blankets layered at the end of the bed add comfort and warmth and we love the fancy black-fringed lamp.

GET THE LOOK Feature wall in Down Pipe no 26, £26.50 for 2.5 litres, Farrow & Ball. Denver king-size bedstead in black powder finish, £450, John Lewis. Bespoke black fringe lamp, from £38.99, Premier Lighting & Lampshades. Black and white cushions, from £9.99, The Little Cushion Company, and silky neutral cushions from the Pied à Terre range, £25, House of Fraser.



What to shop for...

Old and new statement-making furniture, with colourful and retro accessories.



Black rococo carved king-size bed, £713, Sweetpea & Willow.



Siesta jug, £8; serving bowl, £10, Matalan.



Cowhide rugs from £190-£210, London Cows.



Silver frame with round corners 20x25cm, £17.99; pewter flowers frame with crystals 15x10cm, £11.99, Lisbeth Dahl.

Grey rose by Jane Packer in clear round vase, £28, Jane Packer, Debenhams.



Metropole Luka two-drawer bedside cabinet, £89, Very.



Chateau Large Armoire, £684, QualityFurniture4u.

Horn candle holders by Kelly Hoppen, £34.61 for two, QVC.



Florrance five-arm ceiling pendant, £125, House of Fraser.



Herringbone lambswool throw with tassels £29.04, QVC.



Sundae cushion, £30; bedspread, £59, Habitat.



Stella large three-seater in Taupe, £1,040, sofa.com.

For stockists, see page 123 FEATURE: JENNIFER NEWTON PHOTOS: CAMERA PRESS/ACP JASON IERACE

SHOP smarter

...best buys, expert help and websites to save you money

essentials
Tried it,
loved it!

STICK VACS

Space-saving and bagless for great suction and, most being cordless, are ready to do the job without plugging in!



Keep a vac on stand-by ready for a quick clean – then put your feet up!



Great Value – Gtech cordless floor cleaner SW02, £49.95, gtechonline.co.uk
PROS Looks like a retro carpet sweeper and being so slim it's space-saving. Moves in between furniture easily. With three hours of continuous cleaning at less than 1p, it's energy efficient. Easily emptied by sliding out the dust tray.
CONS It's noisy and as it's so light is only good for small jobs.

7/10



Best for carpets – Electrolux Quickclean Z580A, £59.99, amazon.co.uk
PROS Light to use and a 2-in-1 with a detachable hand-held unit. The best at switching from carpets to hard floors. The handle folds down for easy storage and it has the tiniest charging unit.
CONS Doesn't feel like a proper vac, almost toy-like in look and feel, but it does the job well.

6/10



Stylish 3-in-1 – Hoover Freejet 3in1, £99, amazon.co.uk
PROS Suitable for both hard floors and carpets. Up to 20 minutes running time as a cordless, with a neat stand for recharging. It's a tough, hard-wearing vac and the best we tested for swivelling around the furniture with ease. Great value.
CONS Only comes in red and takes up more space with the stand than others we tested.

9/10



Ultimate power – Dirt Devil DDMSTK1 Compact Bagless Upright Vacuum Cleaner, £59.99, Argos
PROS Quick auto rewind cord. All extra tools ergonomically concealed around the vac. Main handle folds down neatly to save space. The most stylish urban stick vac.
CONS It's not cordless, and has a 5m cord, but it would be better if it was 7m long.

7/10

ASK THE EXPERT

Are TV adverts for posting gold jewellery to be trusted?

Companies encouraging people to sell unwanted gold by post offer shockingly bad value and should be avoided, advises *Which?*'s Money Editor James Daley.

Which? sent three pieces of new gold jewellery to four gold buyers who advertise on TV, three independent jewellers and three pawnbrokers. TV gold buyers consistently gave the worst quotes. CashMyGold offered the lowest prices: £38.57 for three pieces, bought for £729. One deal from CashMyGold was at just under £10 for a £215, 9ct-gold bangle – an independent jeweller

quoted £54 for the same piece. Money4Gold told the researcher that a 9ct necklace bought for £399 was 'not gold' and it would cost him £10.95 to have it returned.

On average, TV gold buyers offered only around 6% of the retail price for gold, but high street retailers paid around 25% – more than four times what the TV gold buyers would pay.

Postal Gold upped its quote for all three pieces when the cheque sent was rejected, almost doubling its offer for a £115 bracelet and £215 bangle. These rates were still far lower than ones from jewellers and pawnbrokers.

There's also concern over security with labelling on some envelopes used to send items. The best advice is to avoid postal gold companies as you will almost certainly get more money for your gold elsewhere.



Get it FREE!

Amazon vouchers! Market research company Lightspeed needs opinions on a range of different topics and products, in exchange for vouchers and prizes. They'll send you regular surveys and reward you for completing them with free Amazon vouchers. Go to uk.lightspeedpanel.com.



Easy ways to do your bit!

Dig That Garden, Save the Planet – Your First Steps to Becoming an Eco-gardener by Johnnie Dominic (£7.99, summersdale.com).



Available from all good bookshops and amazon.co.uk.

This little book is crammed full of tips on how to get a healthy garden, even if you just have pots on the patio. A practical and entertaining guide to making your first steps to becoming an eco-gardener easy.

THE BIG COMEBACK...

SodaStream

Remember the 80s' favourite drinks maker?... well, SodaStream is set to be a must-have again. It's had a sleek make-over and comes in a range of new designs and colours. Delicious flavours include Lemon & Lime, Cranberry & Raspberry, and Apple, plus cola and sugar-free varieties. It also lets you create your own party pop – perfect for summer BBQs and kids. It's better for the environment, too, with refillable canisters and less waste from bottles and cans. From £54.99, sodastream.co.uk.

win with essentials

We've two SodaStreams, with a selection of cordials, to give away. Just go to page 123 and tick ESSTREAT2 07, or enter by phone or text.



Website to bookmark...



supersavvy.me.com

It's full of articles on a wide range of subjects from how to eat yourself younger, and style-led DIY tips to no-care plants, with forums and expert bloggers to give advice.

happy tip

Get it CHEAPER!

The newly launched InvisibleHand will save you a fortune. On the Firefox web browser, it's free to download from getinvisiblehand.com and will automatically install it. It tells you instantly if there's a cheaper version elsewhere when you're shopping/browsing online, then provides a link to go to the other shop to buy the item.

fly happy

If scheduled flights to your holiday destination are stupid money, check to see if a package, with flight, hotel and transfers included, is cheaper.

Insure the excess

Ever thought of insuring your insurance? Take out the lifestyle excess insurance Bronze Cover with insure4excess at £35 for an annual cover and it will pay back a combined total of £250 excess on any insurances you claim against. Well worth thinking about.

tip Why not go a step further and choose the Gold Cover policy which will pay you back a combined total excess of £750!



EASIER THAN YOU THINK

Get started on... twitter

It's simple, free, takes minutes to sign up and you'll soon enter the world of Tweeting...

What is it?

Twitter is a community. You follow anyone who interests you online, and others follow you.

Getting started

STEP2: Log onto <http://twitter.com/>. Then hit the yellow 'get started now' tab on the right of the page. Fill in the 4 boxes, picking an unusual user name, which hopefully isn't already taken – there are 15 million! Then hit the tab 'Create my account'.

STEP2: This next page allows you to find people to follow (it could be Barack Obama or your best mate from school), or see the menu of suggestions from family to fashion or travel, for regular updates from experts who love to share their knowledge. To find us, just type in [essentials_mag](#).

STEP3: Twitter will email you a confirmation, which you tick and then you'll then be taken to your home page, which will show all the people you've decided to follow. If there's a Tweet you want to reply to, simply hit the tab 'reply'.

STEP 4: To write your own message, go to the box at the top of your home page that asks, 'What's happening?' and say what you're doing or thinking in 140 characters. This is a Tweet.

To send a message to someone, put the direct address of who it's going to eg: @[essentials_mag](#) (all Twitter addresses start this way @ symbol then Twitter name of recipient), type in your 140 characters and hit the tab 'tweet'. Your Tweet will appear on your home page in grey so you know it's been sent. Once your friends see you're following them, they'll follow you and in time strangers will follow you if they like what you say.

FOLLOW ESSENTIALS! Every day, we send out our savvy tips, behind-the-scenes gossip and pics, as well as chatting with you!



Coming up in July

essentials

ON SALE
3 JUNE 2010

Spend or save?

Find out what's really worth your money!

100 best-value beauty buys

PLUS

Your summer of (un)guilty pleasures!

- ✓ Fabulous fashion on a budget
- ✓ Lose your muffin top in 4 weeks!
- ✓ 20 ideas for the kids—for just £1
- ✓ Easy, gorgeous garden ideas

DELICIOUSLY EASY SUMMER FOOD

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all-new recipes
◆ NEW SKILLS
Step-by-step
guide to baking

◆ NO-EFFORT
Fast family meals
◆ ...AND RELAX!
Simple ideas
for friends
& weekends

32-PAGE
MAGAZINE
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easy!



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you in the
essentials
kitchen

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essentials

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THE SMART WOMAN'S GUIDE

pay-as-you-go car clubs

No insurance, no tax, no filling up with petrol, but here's how reader Jessica Morgan gets to drive whenever she wants



When I first moved from Cornwall to London, I didn't mind not having a car – it was an expense I could do without and, besides, parking would have been a nightmare.

It was no big hardship, though,

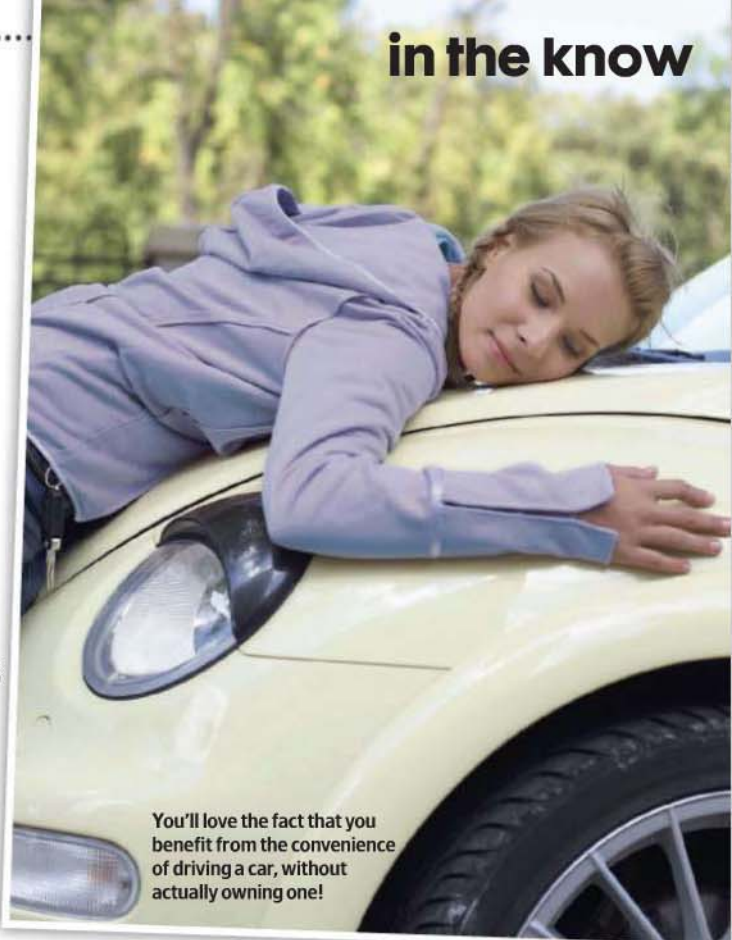
as the public transport is so good in London.

However, when I bought my own place it became increasingly difficult not having my own transport: I had to take regular trips to places like B&Q, so I could turn my new pad into a home. But as much as I wanted a car, I was reluctant, knowing I'd only use it at weekends and would feel guilty having it just sitting there all week.

I'd heard of car pools, but wasn't really sure how they worked. Then I was handed a Streetcar.co.uk flyer at the tube station. Going on the website was an education: the club keeps cars all over the city and you choose which one to borrow. I put in my postcode and a list of the closest locations came up: there was a VW Golf in a private car park two minutes' away, but there are others in the area if I want an alternative.

Signing up was easy: just a joining fee to pay and no paperwork. Streetcar can link up to the DVLA (Driver and Vehicle Licensing Agency) to confirm licence details. I was sent a card (like a credit card) that I use to access any car I book, and I do this online or by phone. I hover the card over the windscreen to unlock it, tap in my password, and away I go. I use my Streetcar about twice a month – the hourly rate is £5.95 and petrol's free if I do less than 30 miles. The only downside is that I always have to reposition the seat and mirrors!

feel happy
It's not just about the money you save, it's also the feelgood factor: any part you play in helping the environment has to be good.



You'll love the fact that you benefit from the convenience of driving a car, without actually owning one!

Want to know more?

You'll find car clubs all over the UK, and obviously more in bigger towns and cities, but they are adding more locations all the time.

HOW TO JOIN A CAR CLUB

Go to carclubs.org.uk and enter your postcode to find the closest to you. There's usually a joining fee of around £50; after signing up, you can book cars online or by phone. Many companies, including Zipcar, Streetcar, Connect by Hertz and City Car Club, offer this service.

CREATE A POOL WITH FRIENDS...

Easy to set up with family, friends and colleagues – you just agree who needs the car when. If you don't drive, still consider car-share schemes, as the Government advises that 60% of car drivers would be willing to share a car to go to work if there was someone suitable for them to travel with.

...OR TRY A LOCAL CAR SHARE

The portal carsharing.carplus.org.uk will connect you to the different council and other car-sharing schemes in the UK. With many you

don't need your own car – you can offer a lift, request a lift, or take turns with the driving. Certain railway schemes, also through this portal, offer free parking for people who are car sharing with three or more, so they are worth looking at.

THE BENEFITS

Saving money, as it will cut your fuel and parking costs and could save the daily hassle of finding a parking space. And it's great for the environment, because it cuts the carbon footprint for those sharing.

WHAT ABOUT INSURANCE?

The Association of British Insurers advises that car sharing won't affect the insurance of its members, as long as the vehicle seats no more than eight passengers and a profit isn't made from any payment by passengers. But do check with your insurance company, as terms and conditions may vary over time between insurance providers.

10 great reasons to visit Cornwall

Not only is this lovely county one of the UK's favourite holiday destinations, it's also the place to eat ice cream

1 It's the home of real clotted cream

Whether it's with your tea and scones or in your ice cream, Cornish clotted cream is protected under EU law and can't be made anywhere else. So the best place to get the freshest and authentic Cornish clotted cream is, of course, Cornwall.

2 Lunch at Fifteen Jamie Oliver's Fifteen restaurant is in Watergate Bay, Newquay. Ask for a table on the veranda overlooking the beach and enjoy a great-value lunch.

3 Go Stein's way

Resident celeb Rick Stein has put Padstow on the map with The Seafood Restaurant, St Petroc's Bistro, Rick Stein's Cafe and Stein's Fish & Chips – take your pick!

4 Pack a picnic

Cornwall is ideal for eating al fresco. At prettypicnics.co.uk, you can order a 'Rame' picnic packed with Cornish goodies. Finish with a Cornish ice cream cone.

Sunshine, beaches, gorgeous countryside and Cornish ice cream – what's not to love?

7 Try something new

There are over 40 species of fish to be found off the Cornish coast, so eating at one of the many fish restaurants is a perfect opportunity to try something new. Swap crayfish for sweet spider crab or try flavoursome hake instead of cod.

8 The grass is green

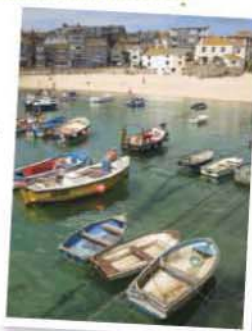
Dairy herds graze on Cornwall's lush pastures, producing the creamiest milk. No wonder locally made Kelly's ice cream tastes so good.

5 Eat on the beach

Get the family together for a bbq on the beach. Newquay has excellent family beaches. Just make sure you always take your litter home when you leave.

6 Watch the boats

The fish markets come to life when the boats bring in their catches. They start early, so make sure you check times first to find out when to go.



9 You can buy fresh food from farm shops

Cornwall has many excellent farm shops that sell everything from fresh milk and cream to fruit, veg and homemade cakes. Stay on Chark Farm in Bodmin, a supplier of Kelly's Ice cream. Run by Clive and Jenny Littleton, you can see the natural ingredients that go into Kelly's. You could even try Jenny's delicious recipe (right).





10 Make Jenny's easy chocolate fondant

Jenny Littleton, left, runs one of the local farms that supply the creamy milk for Kelly's. Here's her own to-die-for pudding recipe:

- ☐ 100g dark chocolate
- ☐ 100g butter, plus extra for greasing
- ☐ 2 eggs
- ☐ 70g caster sugar
- ☐ 50g flour
- ☐ 10g cocoa
- ☐ 1/2 tsp baking powder
- ☐ icing sugar, to dust (optional)

- 1 Lightly butter six ramekins. Gently melt the **chocolate** in a bain-marie and add the **butter**. Remove from the heat and mix well.
- 2 Whisk together the **eggs** and **sugar** until the mixture is pale, creamy and fluffy, then gently fold into the chocolate.

- Add the **flour**, **cocoa** and **baking powder** and continue to fold until all the ingredients are evenly incorporated.
- 3 Divide the mixture between the ramekins and chill for around an hour. Meanwhile, preheat the oven to Mark 7/210°C.
- 4 Cook in the oven for 6–8 minutes. The tops should resemble biscuit and be just beginning to crack.
- 5 Serve the fondants, dusted with icing sugar if you like, warm with **summer berries** and **Kelly's Vanilla Cornish Dairy Ice Cream**.

Let the thick, creamy ice cream melt into the warm chocolate pud,



Win a mini-break

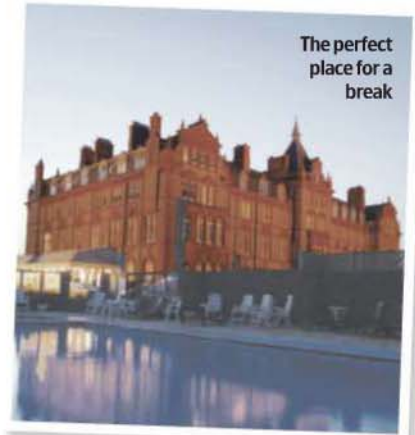
Two nights of Cornish luxury could be yours

Courtesy of Kelly's of Cornwall, one lucky couple will win a luxurious two-night stay at Cornwall's iconic hotel, the Headland. Stay in a brand new Fistral View/Ocean View room, and tuck into a sumptuous three-course dinner for two in the Sand Brasserie, with its ocean views, on one night.

A break here will leave you feeling relaxed, recharged and rejuvenated, so enter right now for your chance to win. Simply answer the following question:

What is the name of the town where Kelly's of Cornwall ice cream is made?

A) Truro; B) Penzance; or C) Bodmin.
To enter and to read the full terms and conditions, visit kellysofcornwall.co.uk.



FIND OUT MORE

Our ice cream has been made in Bodmin for more than 100 years (you can visit kellysofcornwall.co.uk for more information). Using Cornish whole milk and clotted cream sourced within 15 miles of our factory from cows that graze in green pastures, Kelly's ice cream mixes traditional and modern methods, giving the ice cream its great taste. Kelly's Dairy Vanilla is available at supermarkets, priced £3.49 for 2 litres.



It's the little things that make a cake great.



We've been a family baking business now for over a century, so we understand it's the smallest details that make the perfect cake. That's why we have always put our heart and soul into creating and perfecting our range of finishing touches, from traditional Hundreds & Thousands and Silver Balls to our new, pretty Wafer Daisies that can transform the simplest of cakes. It's our passion for getting the little things right that means if it's got the Dr. Oetker name on it, you can be sure of great results every time.



Find inspiring recipes and our complete product range at oetker.co.uk and shop at oetkeronline.co.uk

Quality is the best recipe

Food bites

Food Editor Jennifer Bedloe with hot new products, ideas and tips



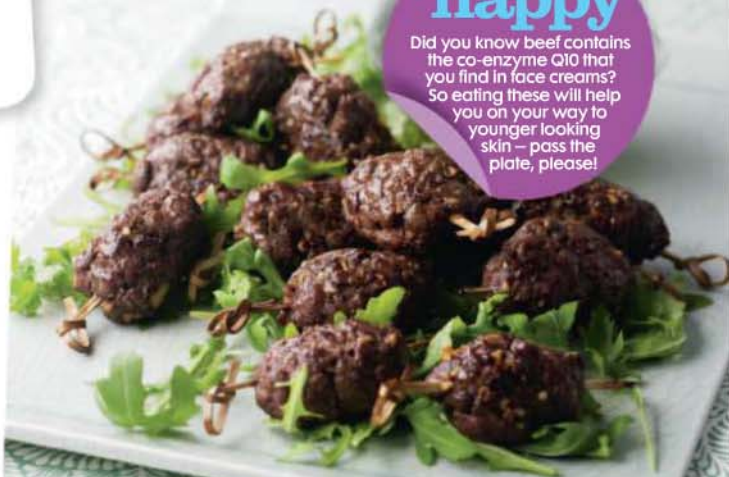
WHAT IS IT?

Kara Dairy Free (£1.29) is the first coconut-based dairy-free milk. So why is it so good? Well, it's low in fat, has zero cholesterol and is free from all bad things! It's tasty enough to drink by itself or you can use it in place of normal milk in recipes.



eat happy

Did you know beef contains the co-enzyme Q10 that you find in face creams? So eating these will help you on your way to younger looking skin – pass the plate, please!



essentials

Tried it, loved it!

Best-selling family puds from the supermarket



ASDA Extra Special Classic Baked New York Vanilla Cheesecake, £3.48 Mmm you can really smell the vanilla. Quite rich, you don't need a huge slice. The base is crisp and crunchy – no soggy bits.



MORRISONS Sherry Trifle, £1.90 You can taste the sherry, but it's not OTT. This isn't all fruit cocktail, jelly and sponge, there's a good measure of yummy vanilla custard and cream, too.



CO-OP Truly Irresistible Berry Bliss, £3.99 Lives up to its name – this is sheer bliss! Looks just as indulgent as it tastes. Love the sharpness of the mixed berries with the luxury of white chocolate.

Make it...

Mini teriyaki beef savouries

Mix together 900g lean beef mince, 120ml teriyaki sauce, 4tsp sesame oil, 4 garlic cloves, chopped, 2tsp szechuan peppercorns, crushed, and season well. Divide into 20 balls and shape into small sausage shapes on small metal skewers. Chill for 20 mins. Heat the grill to medium. Grill the skewers for 12-15 mins, turning half way, until cooked through.

Ready in just 20 mins!

...or cheat it!

Mix all your ingredients together – excluding the beef mince – and pour over shop-bought meatballs. Marinate until needed, then pop on skewers and cook as above. We like...



SAINSBURY'S Taste The Difference Beef Meatballs, £3.29 for 12 or two packs for £5.

Reader tip

Susanne Foster from Guildford says: a quick way to thicken a sauce when time's short is to add a little instant mash to it. Works for soups and casseroles, too.

Kitchen kitch

DID YOU KNOW? The Cosmopolitan (every girl's favourite cocktail!) is 25 years old? To celebrate, get the girls together and start shaking the night away....

Shake together equal parts **vodka, Cointreau, cranberry juice** and a squeeze of **lime** over **ice**, then strain into cocktail glasses. Voilà! You're ready to party.



60 secs with...

Greggs the bakers

We caught up with Paul Birchall, Head of Product, Research and Development

A Why is Greggs so popular?

Q We started in the 1930s with John Gregg delivering products on his bike. We now have 1,400 bakeries, but still give our customers fresh baked goods.

A What's your secret to great-tasting food?

Q Our sandwiches are made fresh each day and our bakeries operate 24 hours a day to ensure everything is as fresh as possible.

A What's your best selling product?

Q We sell 141 million sausage rolls every year!



**From
your
kitchen**

Reader Sue Magroo says:
When my daughter was 2 or 3 months old, my friend in New Zealand sent me this amazing recipe to get me through the sleepless nights...definitely the most dangerous chocolate cake recipe ever – as it only takes 5 minutes, day or night!

5-minute chocolate cup cake – for one!

Put 4tbsp SR flour, 4tbsp caster sugar and 2tbsp cocoa powder into a microwave-safe cup and mix well. Stir in 1 egg, beaten, 3tbsp each milk and sunflower oil, and mix. Stir in 3tbsp chocolate chips and a splash vanilla extract. Put the cup in the microwave and cook for 3 mins at 1000 watts. The cake will rise over the top of the cup. Cool a little, then eat straight from the cup.

**eat
happy**

If you buy chocolate which has the Fairtrade logo on it you can feel guilt-free as you'll be helping others – might as well eat the lot and buy another bar!

Use it up!

What to do with that bottle of pomegranate molasses we keeping talking about in our recipes!

POUR IT OVER... vanilla ice cream for a sharp, tangy syrup.

MAKE A SWEET & SOUR MARINADE... just mix with a little soy sauce and drizzle over strips of beef or chicken. Pop into a wok and fry over a high heat until caramelised

and cooked through.

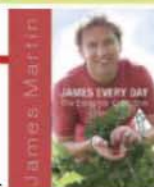
PAN-FRY WITH ... duck breast and spring onions and use as a speedy filling for Chinese pancakes

Your recipe bible!

James Martin's latest book *James Every Day* (£20, Octopus) is packed with delicious recipes from Cheat's coq au vin to gorgeous puddings like Honey mocha mousse – yum! And if you're a fan of James, you'll want one of our fab prizes – three lucky readers will get a signed copy of James' book, plus a handblender from the new James Martin Executive Range by Wahl, worth £32.99.

**WIN with
essentials**

Turn to p123 and tick ESSTREAT209 – you can enter by phone and text, too.



FAKE AWAY

Mexican in minutes

**happy
tip**



Spicy chicken burrito

SERVES 4 Heat up a 500g jar of Dolmio Mediterranean Chunky Vegetable Pasta Sauce and add 4 cooked chicken breasts, chopped. Once piping hot, divide between 8 Discovery flour tortillas, warmed, then roll up and top with a pack of ready-grated cheese and a dollop of sour cream; grill for 1 min. Serve with salad and lemon wedges.

88 essentials

What's in store

Our round up of the best new things to put in your trolley this month...

Comish delight

**happy
tip**

We love the whole Kelly's of Cornwall range, but our fave this month is Honeycomb Caramel. £2.91 for 1 litre.



Saturday night treat
Treat yourself to a ready-to-cook organic meal from the new Lake House Table range.

There's everything you need for dinner for two. From £9.99-£12.99 from Waitrose.

Chips & dips

Say Nando's and you think peri-peri chicken – well, now you can think dips. The Peri-Salsa puts a fiery kick into plain crisps and Perinaise was made for dipping chips! £1.59 each.



One from the freezer
The creamy cheese filling in the Co-op Truly Irresistible Smoked Haddock & Davidstow

Cheddar Melting Middle Fishcakes just ooze out as you cut into them. The salmon cakes are just as good – believe us. £2 for 2.

Footie snacks

Everyone will want to tuck into the Tesco World Cup snacks: try the family-size pizza at £3.50. Just bung it in the oven and get the drinks out of the fridge!



Get fresh...
...well, that's what Cadbury has done with its cream cakes from the chiller cabinet at supermarkets. Give the Cupcakes, £1.49 for two, and the Chocolate Cake, £3, a go, you'll love them.

ONLY MADE WITH
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RANGE
EGGS**



For the taste
that can only be



Every woman loves chocolate... but only

Woman

readers know which kind is

anti-ageing!



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Tuesday

Your **NEW LOOK**
smarter weekly
magazine is here!



essentials Make it easy!

How to... spend less & live better!



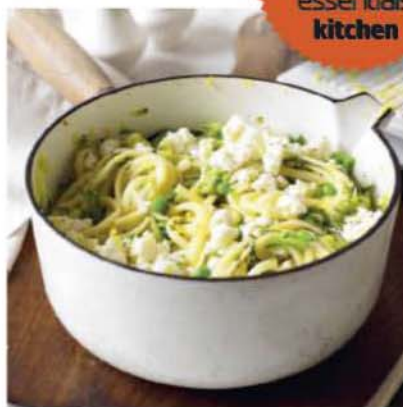
48 new recipes to try

Our Food Editor Jen Bedloe says: 'Every recipe in **essentials** is tested and retested to make it foolproof. We cook our recipes in real time – so you can rest assured you'll get your dish on the table without having a meltdown!'

TRUST US!
Created for
you in the
essentials
kitchen



The sun is shining – better fire up the BBQ!



Eat well every night with our fast family summer faves



Learn a new skill... pastry is easier than you thought



Get ready to sin! Your no-bake chocolate pud

PLUS

Get creative special



...mini make-overs
for indoors...



...and clever cheats
for your bits & bobs



essentials
Make it
easy!

GET AHEAD NOW instant BBQ party!

Beat the crowds in the supermarket and stock up your freezer and store cupboard now, so when the sun shines you're ready to get cooking!

Haloumi with a chilli kick

This cheese tastes so good cooked we think it must have been invented for the BBQ!

Serves 6-8 • Ready in 5 mins
+ 5 mins cooking time • 276-207
cals per serving • 23-17g fat
• 14-11g sat fat

- ☐ 1tbsp olive oil
- ☐ 1tsp EPC Very Lazy Chilli
- ☐ 2tbsp lemon juice
- ☐ 2tsp frozen mint
- ☐ 500g haloumi, sliced into 1.5cm slices

1 Mix the oil, chilli, lemon juice and mint together in a jug with some black pepper.
2 Cook the haloumi on the BBQ for 1-2 mins each side until evenly charred on both sides. Transfer to a serving platter and drizzle over the chilli sauce.

tip If you're not a fan of chilli, swap it for diced red pepper or fresh tomato instead.

Veggie
option

NUTTY BULGAR SALAD

Serves 8 • Ready in 10 mins • 200 cals per serving • 8g fat • 0.6g sat fat

Put 250g bulgar wheat and 300ml hot vegetable stock in a bowl, cover with clingfilm and microwave on high for 4 mins; leave for 4 mins. Add 1tsp ras el hanout, 2tbsp lime juice, 2tbsp sundried tomato paste, 1tbsp each of frozen coriander and mint, 50g each of toasted flaked almonds and toasted pine nuts, 1tbsp pomegranate molasses, to taste. Season, fluff up with a fork and mix well.

Tasty sausage skewers

A moreish way to cook bangers – and the skewered veg won't end up slipping through the grill onto the coals!

Makes 8 • Ready in 10 mins + 10 mins cooking time • 233 cals per serving • 12g fat • 5g sat fat

- ❑ 400g herby pork or veggie sausages such as Quorn, cut into large chunks (frozen and defrosted)
- ❑ 340g jar red and yellow peppers (keep the oil)
- ❑ 2 red onions, cut into wedges
- ❑ 1x300g tin new potatoes
- ❑ 2tbsp sweet chilli sauce

- 1 Soak 8 wooden skewers in warm water. Thread the **sausages** and **veg** alternately onto the skewers.
- 2 Mix the reserved **oil** with the **sweet chilli sauce** and brush over the skewers. Cook for about 10 mins, rotating every couple of mins until cooked through.

tip Any leftovers would taste great with feta cheese and roasted red peppers.

eat happy

Swap your meaty sausage for a Quorn one and you'll save 92 cals – bring on the veggie BBQ!

BEANY SALAD SIDE

Serves 8 • Ready in 10 mins • 102 cals per serving • 5g fat • 0.7g sat fat

Blanch 150g frozen mixed broad beans and green beans for 2 mins. Add 100g frozen sweetcorn for the last 30 secs. Drain and cool under cold water. Mix with 400g tin of mixed beans, rinsed and drained, 1tbsp frozen chives, defrosted, and 2tbsp frozen shallots, defrosted; season. Mix 3tbsp olive oil, 1tbsp lemon juice, 1tsp Dijon mustard and a pinch of sugar. Add to the beans and season.

Crowd pleaser alert!

Sweet & spicy Chinese chicken

The big flavours and effortless preparation will make this one of your regular BBQ favourites.

Makes 8 pieces of chicken

• Ready in 25 mins + 15 mins cooking time
• 97 cals per serving • 2g fat • 0.5g sat fat

- ☐ 4 frozen chicken breasts, defrosted and cut in half
- ☐ 2tsp Chinese five spice
- ☐ 1tbsp runny honey
- ☐ 1tbsp lemon juice
- ☐ 1tbsp olive oil

1 Mix the **chicken pieces** with all the **remaining ingredients** and plenty of seasoning. Leave to marinate for at least 20 mins. Grill on the BBQ for 10–15 mins, turning once, until cooked through.

tip Save some time on the day of your BBQ by marinating your chicken ahead and freezing until needed.

eat
happy

You'll be healthier if you BBQ or grill your food (as often as you can) as all the fat drips out.

Herby fish parcels

A super-easy recipe that'll give you lightly steamed fish rather than the usual charred BBQ style.

Makes 6 parcels

• Ready in 5 mins + 15 mins cooking time
• 223 cals per serving • 11g fat • 7g sat fat

- ☐ 6 frozen cod or haddock fillets
- ☐ 75g garlic butter
- ☐ 1tbsp frozen parsley
- ☐ 1tbsp frozen chives
- ☐ 6tbsp white wine

1 Cut 6 squares of foil, large enough to seal the **fish**. Mix the **garlic butter** with the **herbs** and season. Put a piece of fish in the centre of each piece of foil, divide the butter between the parcels, then scoop up the edges and add the **wine** before sealing tightly.

2 Put the parcels on the BBQ and put the lid on, if you have one. Cook for about 15 mins. You'll need to check a parcel to make sure the fish is cooked all the way through before serving as the heat may differ between BBQs.

tip You can try these parcels with salmon or fresh tuna, too.

Low in calories

tip Make these burgers with fresh mince and freeze them on a tray. Once frozen, transfer to freezer bags. Defrost thoroughly before cooking.

Mini Stilton burgers

Don't be tempted to make these burgers too beefy in size or they'll take ages to cook.

Makes 6 burgers • Ready in 10 mins + 10 mins cooking time • 256 cals per serving • 20g fat • 8g sat fat

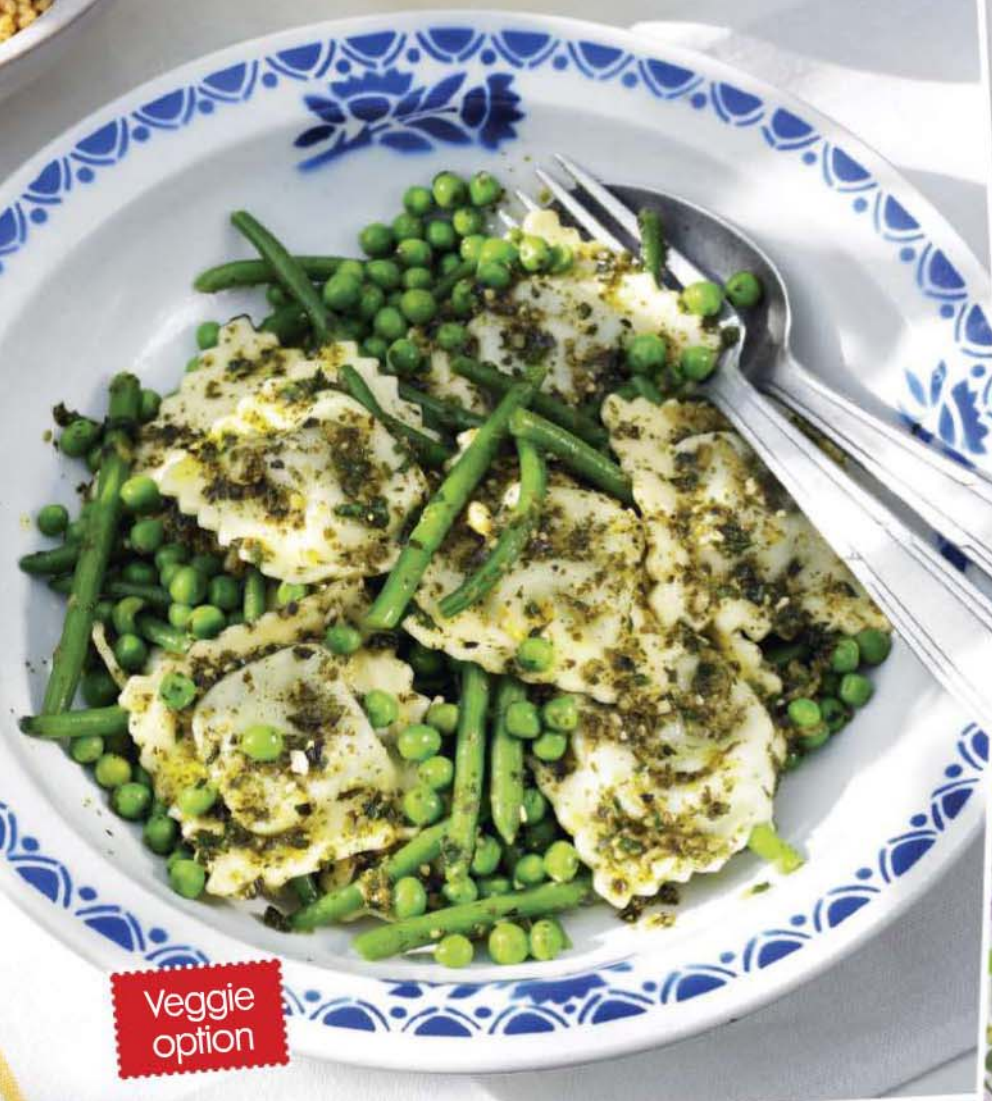
- ☐ 2tbsp frozen chopped shallots
- ☐ 2tbsp olive oil
- ☐ 500g frozen beef mince, defrosted
- ☐ 2tbsp Gourmet Garden Mediterranean Herb & Spice Blend
- ☐ 50g Stilton, plus extra for serving
- ☐ bread and chutney, to serve

1 Cook the shallots in oil for about 1 min, then mix into the beef mince with the spice blend and season. Divide the mince and cheese into 6 equal-sized portions. Push some cheese into the centre of each portion of mince, shape back around the cheese and flatten into burger shapes. Chill until needed.

2 BBQ the burgers for about 8–10 mins, turning once. If they stick to the grill leave for another min or so until they lift easily. Serve with Stilton crumbled over the top, bread and chutney.

You'll be getting the BBQ goddess award when you serve up these cheeky, cheesy burgers!

Posh up your BBQ with a full-of-flavour pasta side



Veggie option

Pesto-y pea pasta salad

A great main course option for veggies or serve up when you need a filling side dish.

Serves 6-8 • Ready in 10 mins
 • 369-277 cals per serving
 • 26-19g fat • 5-4g sat fat

- ☐ 150g frozen green beans
- ☐ 500g fresh spinach and ricotta ravioli
- ☐ 150g frozen peas
- ☐ 150g basil pesto
- ☐ 1tsp frozen mint
- ☐ 3tbsp extra virgin olive oil

1 Bring a large pan of boiling salted water to the boil. Add the **green beans** and return to the boil, add the **pasta** and cook for 2-3 mins, then add the **peas** for the final minute. Drain well and run under a slow running cold tap to cool.

2 Transfer to a large bowl with the **remaining ingredients**. Mix well and season. Chill until ready to serve.

Fast pud idea



GRIDDLED PEACHES WITH CRUNCHY CRUMBLE & ICE CREAM

Serves 6 • Ready in 5 mins • 348 cals per serving • 14g fat • 5g sat fat

Drain 3x400g tins peaches in syrup, reserve the syrup from 1 tin. BBQ the peaches for 1-2 mins each side, until charred and warmed through. Heat the syrup and 1tsp vanilla extract in a small pan until reduced a little and thickened. Blitz 75g amaretti biscuits and 50g pistachio nuts until you get crumbs. Serve spooned over the peaches with the warm syrup and vanilla ice cream.



And to drink...

Campo Viejo Viura Blanco 2008 (£5.99, Budgens, Asda, Londis) is fresh, fruity and dry, with hints of white blossom and spice – great with fish and pasta salads. Marques de Caceres Rose 2008 (£7.99, Majestic, Oddbins) – a fresh rosé that's ideal with BBQ chicken and lightly spiced dishes.



NEXT MONTH... 20 fabulous new barbie ideas

HOW TO MAKE... Perfect pastry

It's fine to cheat, but sometimes you want to bask in the glory of 'I made it all myself – even the pastry!' So here's our 'all you need to know' guide – it's easier than you think!



Make this raspberry custard tart this weekend (recipe overleaf)

3 easy steps to shortcrust pastry

These are the basic principles of pastry-making. Master this and everything else becomes a doddle!

ALL YOU'LL NEED

- ☐ 200g plain flour, sifted
- ☐ a pinch of salt
- ☐ 100g butter, diced
- ☐ 2-3tbsp ice-cold water



STEP 1

Sift the flour and salt into a large bowl. Add the butter and with a rounded knife, chop it into the flour. With your fingertips, lightly rub the butter into the flour until it looks like breadcrumbs, lifting as you go to get the air in.



STEP 2

Sprinkle 2tbsp water over, then stir quickly with a knife – the pastry will clump together. Add another ½tbsp water and lightly bring together with your hands to form a soft dough. Wrap in clingfilm and chill in the fridge for 30 mins.



STEP 3

Lightly dust worktop and rolling pin with flour. Make ridges in the pastry with rolling pin, then roll away from you, quarter-turning as you go, until the pastry is the thickness of a £1 coin. Roll an edge over a rolling pin to gently lift up.

It helps to know...

- 1 Use scales – ingredients must be exact to get the right consistency.
- 2 Good shortcrust pastry should be both crumbly and melt-in-the-mouth.
- 3 Don't over-handle the pastry or it'll be tough.
- 4 Add as little liquid as you can – just enough to bring the dough together will do it.
- 5 Rest pastry in the fridge before rolling or your tart case is likely to shrink.

Now try this classy dessert

SWEET, RICH SHORTCRUST

Raspberry custard tart

Turn basic shortcrust into a sweeter pastry by adding icing sugar and egg... divine!

Serves 8 • Ready in 1 hr 5 mins
+ chilling time • 413 cals per serving
• 25g fat • 14g sat fat

FOR THE PASTRY

- 200g plain flour
- 2tbsp icing sugar
- 100g good-quality unsalted butter, diced
- 1 large free-range egg yolk
- 1-2tbsp ice-cold water

FOR THE CUSTARD

- 150ml full-fat milk
- 150ml double cream
- 3 free-range eggs, plus 1 egg yolk
- 100g caster sugar
- 1½tsp vanilla bean paste or extract
- 4tbsp raspberry jam
- a handful of raspberries

1 Lightly grease a 23cm loose-based, fluted metal tart case. Make the **pastry** following the 3 easy steps on page 97, just add the **icing sugar** with the flour and mix the **egg** with the ice-cold **water**.

2 Heat the oven to Mark 6/200°C. Line the tart case and bake blind (as left), then



remove from the oven and set aside. Reduce the oven to Mark 2/150°C.

3 To make custard, heat the **milk** and **cream** together in a heavy-based pan until hot (don't boil); cool for 1 min. In a large bowl, whisk the **eggs** and **sugar**, then pour the cream mixture onto the eggs, whisking constantly. Stir in the **vanilla**, then pass through a sieve into a jug.

4 Spread **jam** over the base of the cooled tart case; pour over the custard and scatter with **raspberries**. Bake for 25-30 mins until set. If you like, brulée the top by sprinkling with granulated sugar and popping under the grill.

It helps to know...

'Baking blind' means to cook a pastry case so it can hold a wet filling.

1 Heat oven to Mark 6/200°C. Roll out pastry to 4-5cm bigger than the tart case. Press into the tin letting excess hang over.

2 Roll a rolling pin over the case to cut away excess pastry. Prick base with a fork, line with baking paper and beans and chill for 5-10 mins.

3 Bake for 12-15 mins until pale golden. Remove paper and beans; bake for 5-10 mins more.



A few tweaks to make this stunning pud

CHOCOLATE SHORTCRUST

Wicked choccy caramel tart

Cor, this will satisfy any chocolate craving! If you're feeling posh, serve it up with a well-chilled bottle of dessert wine. Delicious!

Serves 10 • Ready in 55 mins + chilling time
• 314 cals per serving • 17g fat • 10g sat fat

FOR THE PASTRY

- 155g plain flour
- 2½tbsp good-quality cocoa powder
- 3tbsp icing sugar
- 100g butter
- 2 medium free-range egg yolks
- 1tbsp ice-cold water

FOR THE FILLING

- 100g 70% dark chocolate, broken into pieces
- 50g butter, at room temperature, diced
- 2tbsp caster sugar
- 1 medium free-range egg, plus 1 egg yolk
- 230g Nestlé Carnation Caramel
- ¼tsp Maldon sea salt flakes

1 Grease a 34x10cm fluted tart tin, then make the pastry following the 3 easy steps (p97), just sift in the **cocoa powder** and **icing sugar** with the flour. Mix the **egg**

yolks with the **water** and add to the mix.

2 Heat oven to Mark 6/200°C. Roll the pastry out between 2 sheets of clingfilm. Remove clingfilm and carefully roll onto a rolling pin to line the tart case. If it breaks, just patch it up so there are no holes. Bake blind (see above left) for 10-12 mins.

3 Remove the tart case and reduce oven to Mark 5/190°C. Melt the **chocolate** and **butter** in a heatproof bowl over a pan of barely simmering water. Stir, then remove from the heat. In another bowl, beat the **sugar**, **egg** and **yolk** together until pale and thick. Add the chocolate mix and stir briskly.

4 Spread the **caramel** over the tart base, sprinkle with **salt** and pour the chocolate mix over. Bake for 10-12 mins. Serve chilled.

tip If any cracks appear in your chocolate pastry after you bake it blind, just brush over a beaten egg white and return to the oven for 30 secs to seal.



Go all continental – this gorgeous galette is stylish, colourful and delish!

Making hot water crust pastry?...

Instead of rubbing butter into the flour, this method warms fat and water together, then you briskly stir into the flour and knead into a dough.



It helps to know...

- 1 Hot water crust pastry is a classic pastry recipe for pies. It's tough enough to hold a heavy meaty filling, but it will still melt in your mouth when you bite into it.
- 2 When working with hot water crust pastry you need to work quite quickly – it shapes more easily when it's warm.
- 3 Warm hands are great for this pastry, so don't be tempted to use the food processor – this is definitely a hands-on task.

eat happy

Look out for eggs with added omega-3 – as well as being good for your health, they also keep your mood cheerful!

How about a savoury option?

OLIVE OIL HOT WATER CRUST

Tuna Nicoise galette

Deliciously light and fresh, these tarts are fit for a smart al fresco lunch or as a posh starter.

Makes 4 tarts • Ready in 40 mins
+ chilling time • 600 cals per serving
• 28g fat • 5g sat fat

FOR THE OLIVE OIL PASTRY

- ☐ 300g plain flour
- ☐ ½tsp fine salt or ½tsp sea salt flakes
- ☐ 80ml olive oil
- ☐ 75ml water

FOR THE TOPPING

- ☐ 2 red onions, chopped
- ☐ 1tbsp olive oil
- ☐ 4tsp black olive tapenade
- ☐ 125g ripe vine tomatoes, thinly sliced
- ☐ 4 anchovies in oil, chopped
- ☐ 1tbsp capers, drained and rinsed

- ☐ 190g good-quality tuna in olive oil, flaked
- ☐ 50g fine green beans, trimmed cut into 3cm lengths and blanched
- ☐ 2 medium free-range eggs, soft boiled, then halved to serve
- ☐ baby basil leaves, to serve
- ☐ French dressing, to drizzle

1 Tip the flour and salt into a large bowl. Heat the olive oil and water together in a pan, when it reaches a boil pour into the flour and mix well with a wooden spoon, then bring together with your hands to make a soft dough. Roll out between 2 layers of

clingfilm until 5mm thick, then chill for 1 hr.

2 Heat the oven to Mark 6/200°C. Remove the clingfilm from the pastry and cut into 4 rectangles – about 10x13cm. Transfer to a large baking tray lined with greaseproof. Meanwhile, gently cook the onion in the oil for 10 mins until very soft.

3 Spread the tapenade over the pastry bases, top each with the onion, tomato, anchovies and capers. Bake for 15 mins.

4 To serve, top with the tuna, beans and eggs. Sprinkle with basil and season with black pepper, then drizzle with the dressing.

Try these – they're easy as pie!

HOT WATER CRUST PASTRY

Herby sausage & sun-blush tomato pies

A tasty twist on pork pies – they're a bit more 'girly', but the boys will love 'em too!

Makes 4 pies, to serve 8 • Ready in 1hr
• 485 cals per serving • 27g fat • 10g sat fat

FOR THE PASTRY

- 450g plain flour
- 1tsp fine salt
- 125g lard
- 180ml water
- 1 free-range egg, beaten

FOR THE FILLING

- 350g herby pork sausages, skins removed
- ½ red onion, finely chopped
- 75g sun-blush tomatoes, drained and chopped
- pinch of dried thyme
- 20g dried breadcrumbs

tip You can freeze unbaked pastry for up to 3 months – so why not make double quantity and save half for next time!

1 Heat oven to Mark 6/200°C. Mix all filling ingredients together and season, divide into 4 equal-sized balls and chill.

2 Wrap clingfilm around a 198g tin of sweetcorn (or similar size). Put the flour and salt into a large bowl. Make a well in

the middle. Heat the lard and water in a pan, until the lard melts. Bring to the boil then pour into the well in one go.

3 Mix the flour into the liquid, then bring the mixture together with your hand to make a soft dough. Set aside a quarter of the dough for lids, then divide the rest into 4, shape each into a ball and flatten out to make a circle (about 12cm). Put the tin on top and press the dough up around it to make the pie shell. Drop a ball of filling into each shell.

4 Cut out 4 lids from remaining dough and put on top of each pie. Pinch edges to seal. Cut two slits in top and transfer to a baking tray lined with greaseproof, brush with egg and bake for 35 mins until golden and cooked through.

Oooh... think it's time to plan a picnic – and these will definitely be on the menu!

Sunshine food

FOR FRIENDS

This fuss-free Med-inspired feast is so delicious no one (the men that is!) will be worried if they're missing the World Cup!

ALL RECIPES SERVE 6

Fresh & fruity salad starter

A chic little gem of a starter that's so easy to whip up – all you need are a few quality ingredients.

Ready in 10 mins • 294 cals per serving • 21g fat • 11g sat fat

- ☐ 5 ripe nectarines or peaches, stoned and sliced
- ☐ 3 balls buffalo mozzarella, torn into large pieces
- ☐ 100g frisée lettuce, or other salad leaves

FOR THE DRESSING

- ☐ 4tsp orange blossom honey

- ☐ 2tbsp white balsamic vinegar or balsamic
- ☐ juice of ½ lemon
- ☐ 3tbsp light olive oil

1 Put nectarines, mozzarella and lettuce on serving plates. Whisk together the dressing ingredients, season and drizzle over just before serving.

drink happy

Join in without the booze – make an alcohol-free cooler by swapping the vermouth and liqueur for Bottle Green Sweet Lime Cordial, £2.95, and extra lemonade.

LONG, TALL, COOL MARTINI SPARKLER

Makes enough for 6 long drinks

In a large jug, mix 150ml gin with 150ml white vermouth (Martini) and 75ml orange liqueur. Add 8 sliced strawberries, 1 sliced orange, 1 sliced peach, 1 sliced apple and ½ cucumber, peeled and sliced. Leave to infuse for a few hours. To serve, add lots of ice and top up with chilled lemonade. Garnish with mint leaves or borage flowers just before serving.

Eat this feast indoors or out – it'll get you in a happy mood wherever you are

tip Peaches taste sweeter when eaten at room temperature. Serve with cured meats and pine nuts if you're feeling indulgent!

essentials
Make it easy!

eat
happy

Make this the night
before so you get more
time to spend with
the kids and fit
in that trip to
feed the ducks!

There's no way you won't bowl 'em all over with
this winner – now who's a clever girl?

One-pan summery chicken with lemons & wine

Classic coq-au-vin with a much lighter, summery twist. Delish!

Ready in 1 hr • 340 cals per
serving • 15g fat • 6g sat fat

- ☐ 2tbsp olive oil
- ☐ 6 skin-on free-range chicken
leg portions, divided into thigh
and drumstick
- ☐ 2 carrots, peeled and sliced
- ☐ 150g pack baby fennel, sliced
- ☐ 1 medium leek, thinly sliced
- ☐ 350ml dry white wine
- ☐ 100ml stock or water

- ☐ zest and juice 1 unwaxed lemon
- ☐ few sprigs oregano, finely
chopped
- ☐ 75g mascarpone
- ☐ ½ small bunch flat-leaf
parsley, chopped

1 Heat 1tbsp of the oil in a large sauté pan, add the **chicken**, season and cook over a medium heat until browned all over. Remove chicken to a plate, add the remaining oil and **vegetables** to the pan and cook for 3–4 mins, until they begin to soften and colour.

2 Add the **wine**, stock, lemon **zest** and **juice** and **oregano**, and bring to a boil. Return the chicken to the pan and simmer, uncovered for 45 mins, turning each piece once.

3 Stir in the **mascarpone**, season and serve sprinkled with **parsley**.

Smoky, herby potato bowl

This artichoke, new potato and bacon combo is less calorific than the usual mayo-heavy summer salads!

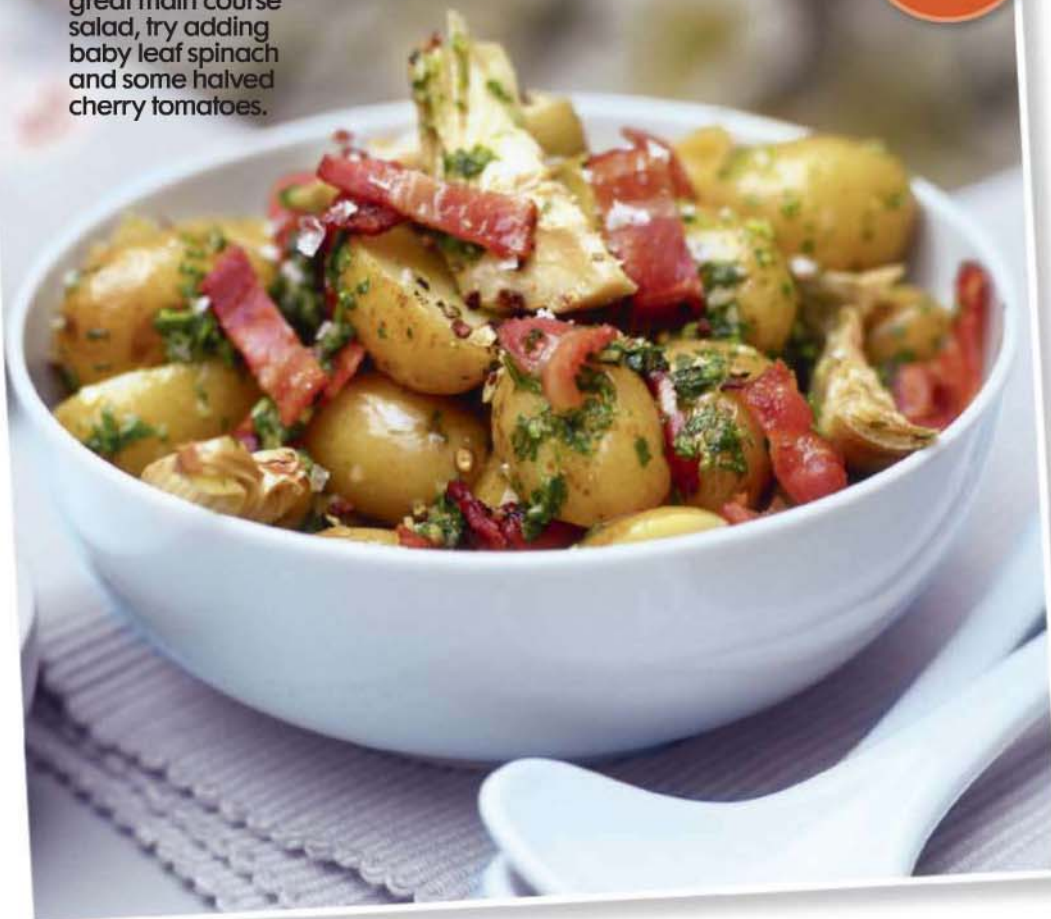
Ready in 20 mins • 291 cals per serving • 19g fat • 4g sat fat

- ☐ 800g new potatoes
- ☐ 1tbsp olive oil
- ☐ 200g thick-cut smoked streaky bacon, cut into strips
- ☐ 280g jar marinated artichoke hearts, drained (reserve the oil)
- ☐ ½ small bunch flat-leaf parsley, finely chopped
- ☐ few sprigs oregano, finely chopped
- ☐ zest of 1 lemon and 1tbsp of the juice
- ☐ 1 clove garlic, crushed

1 Boil the **potatoes** for 15 mins, or until tender, drain and leave until cool enough to handle, then slice. Heat the **oil** in a large pan, add **bacon** and cook until golden, drain on kitchen paper.

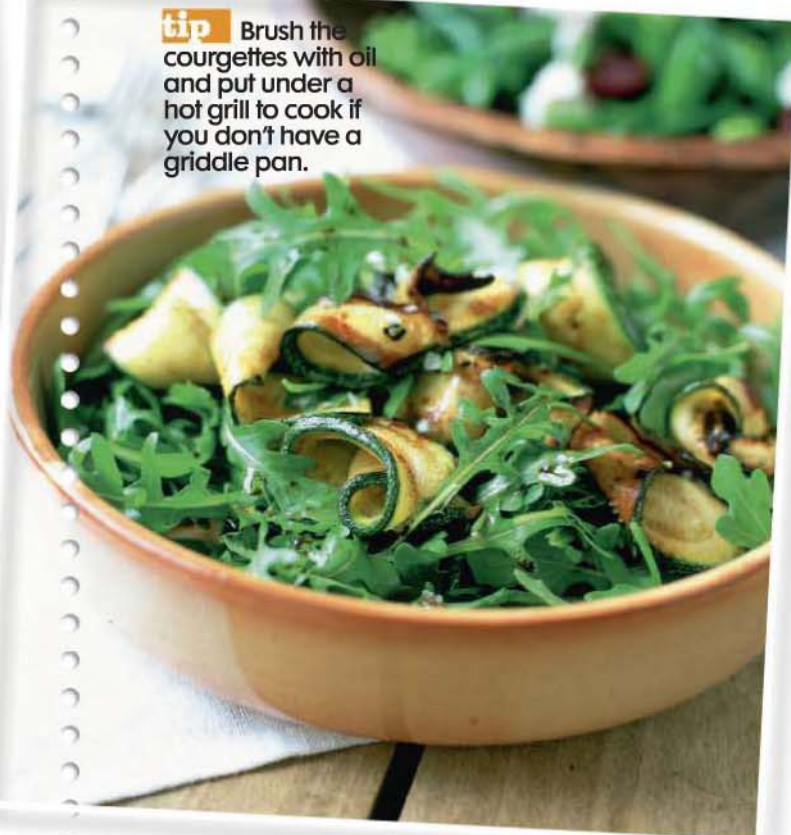
2 In a bowl, whisk together 3tbsp of the **artichoke oil**, **herbs**, **lemon zest** and **juice** and **garlic**, and season well. Toss with the warm potatoes, bacon and **artichokes** and serve.

tip This makes a great main course salad, try adding baby leaf spinach and some halved cherry tomatoes.



essentials
Make it
easy!

tip Brush the courgettes with oil and put under a hot grill to cook if you don't have a griddle pan.



These cheffy salads beat boring old lettuce and tomato every time!

Light & lovely courgette side

This looks so pretty your guests might be scared to attack it! If you have any leftover, chill and finish off in a packed lunch.

Ready in 15 mins • 100 cals per serving • 9.5g fat • 1.5g sat fat

- ☐ 4tbsp olive oil, plus extra for brushing
- ☐ 3 courgettes, thinly sliced
- ☐ 100g bag wild rocket
- ☐ 2tbsp thick balsamic vinegar

1 Brush a non-stick griddle pan with a little of the **olive oil**, then fry the **courgettes** in batches until char-grill lines appear. Remove from the griddle and leave to cool.

2 Put the **wild rocket** and the cooked courgettes in a serving bowl. Whisk together the 4tbsp oil and **balsamic vinegar**, season well and drizzle over the salad just before serving.



Coconutty panna cotta with griddled fruit

So smooth and gorgeously creamy this one would get you through on Masterchef!

Ready in 15 mins + chilling time
• 500 cals per serving • 39g fat
• 27g sat fat

- ☐ 4 sheets fine leaf gelatine
- ☐ 400ml full-fat coconut milk
- ☐ 300ml double cream
- ☐ 90g caster sugar + 3tbsp for the syrup
- ☐ 1tsp vanilla bean paste or extract
- ☐ ½ fresh pineapple, peeled and cut into chunks (½ cm thick)
- ☐ 1-2tsp oil
- ☐ 2 small oranges, skin removed with a knife
- ☐ juice of 1 orange

1 Soak the gelatine in a bowl of cold water for 5 mins, until soft. Gently heat the coconut milk, cream, sugar and vanilla in a pan until just before boiling point (don't boil). Off the heat, stir in the gelatine until melted. Strain through a sieve into a jug and pour in 4x175ml lightly oiled dariole moulds, or use ramekins instead. Chill in the fridge for 4 hrs (or make the night before).

2 Brush the pineapple with a little of the oil. Heat a griddle pan and cook the pineapple until the marks from the griddle show up. Turn and repeat on the other side. Over a bowl cut the orange segments away from the membrane, then mix with the pineapple.

3 For the syrup, gently heat the orange juice with the 3tbsp sugar until syrupy, strain through sieve, cool before serving.

4 To serve, dip the mould into boiling water for about 10 secs. Turn out onto a plate and serve with the fruit and some of the syrup drizzled over.

tip Don't like coconut much? No problem, just add in regular milk instead.

Savour every mouthful
of this silky smooth nectar –
it'll be gone all too soon



FRESH SUMMER FLAVOURS

Fast family meals

You don't need loads of time and money to eat well – our tasty recipes take less than 30 mins and we've worked out the calories and cost, too

ALL RECIPES SERVE 4
UNLESS OTHERWISE STATED

Veggie
option

tip If you need to fill up hungry men, just add some cooked chicken or turkey alongside.

£1.15 per person

A taste of summer pasta

Takes minutes, but tastes so sophisticated – good enough for any midweek visitors, too.

Ready in 15 mins • 571 cals per serving • 19g fat • 7g sat fat • 1 of your 5-a-day

BUY FRESH...

- ☐ 3 courgettes, coarsely grated
- ☐ zest of 1 lemon and a squeeze of juice
- ☐ small handful of fresh basil, finely chopped
- ☐ 150g feta cheese, crumbled



CHECK YOU'VE GOT....

- ☐ 400g good-quality linguine pasta
- ☐ 200g fresh or frozen peas
- ☐ 3tbsp extra virgin olive oil
- ☐ 4 cloves garlic, finely chopped

How to...

- 1 Cook the **pasta** in boiling, salted water according to the pack instructions. Add the **peas** for the final minute of cooking time and drain well.
- 2 Meanwhile, heat 2tbsp of the **oil** in a large wide sauté pan, add the **garlic** and cook gently for 2 mins, then add the **courgette** and increase the heat to high. Cook for 2 mins, then stir in the **lemon zest** and a squeeze of the **juice**. Add the cooked pasta, the remaining oil and the **basil**. Season well and toss well. Serve with **feta** sprinkled over.

◀ Turn chicken & chips into a much classier family favourite

tip Don't fancy frying? Skip the breadcrumb coating and cook the chicken in the oven for 20 mins. Just add a splash of wine so it doesn't go dry.



£2.81 per person

Crispy chicken & mozza melt

Not tricky at all to do, yet it looks like a posh restaurant dish – the family will be so impressed!

Ready in 25 mins • 584 cals per serving • 35g fat • 12g sat fat • 0 of your 5-a-day, so add a green salad

BUY FRESH...

- ☐ 200g mozzarella, sliced thinly
- ☐ 2 free-range chicken breasts, cut in half horizontally
- ☐ 8 slices Parma ham
- ☐ 2 red chicory, finely sliced
- ☐ 3 sticks celery, finely sliced



CHECK YOU'VE GOT....

- ☐ 2tbsp seasoned plain flour
- ☐ 2 free-range eggs, beaten
- ☐ 100g breadcrumbs
- ☐ 4tbsp light olive oil or sunflower oil
- ☐ 1 red onion, finely sliced
- ☐ 2tbsp mayo
- ☐ 1tbsp crème fraîche
- ☐ potato wedges or rice, to serve

How to...

1 Heat the oven to Mark 6/200°C. Divide the **mozzarella** between each piece of **chicken** and season well, then wrap with a couple of slices of **Parma ham**. Dip each chicken breast in the seasoned **flour**, then in beaten **egg**, and then in the **breadcrumbs**.

2 Heat the **oil** in a large frying pan. Add the chicken and cook for 3–4 mins each side until browned. Transfer to the oven for about 6–7 mins until cooked through. To make the slaw, mix the **chicory**, **celery** and **red onion** with the **mayo** and **crème fraîche** and season well. Serve the chicken and slaw with **wedges** or **rice**.



**eat
happy**

Make double of this dish and freeze – the spices will actually taste better reheated... result!

essentials
**Make it
easy!**



95p per person

Saucy pork with crispy new potatoes

Capture the spirit of hols in the Med with this one. The zingy sauce has a hint of heat – add more chilli if you like it hotter.

tip Add any leftover wine to the pan once the onions have softened. Bubble up for a couple of mins to burn off the alcohol.

Ready in 30 mins • 372 cals per serving • 16g fat • 6g sat fat • 1 of your 5-a-day

BUY FRESH...

- ☐ 500g bag baby new potatoes
- ☐ 400g pork tenderloin, cut into chunks
- ☐ 150g piece chorizo, cut into chunks
- ☐ 1 lemon
- ☐ rocket, to serve



CHECK YOU'VE GOT....

- ☐ 2tbsp olive oil
- ☐ 1 red onion, sliced
- ☐ 400g tin chopped tomatoes
- ☐ large pinch chilli flakes
- ☐ pinch of sugar

How to...

- 1** Boil **potatoes** for 10 mins until tender, drain and mash roughly with a fork. Spread out on a roasting tray, season and drizzle with 1tbsp oil; grill for 5–10 mins until crisp and golden.
- 2** In a pan, fry the **pork** in 1tbsp oil until browned and cooked through. Remove and set aside. Fry the **chorizo** over a medium heat until some of the fat is released. Add the **onion** and cook for 5 mins, then drain off some of the fat. Add the **tomatoes** with the **chilli flakes**, juice of ½ **lemon** and a pinch of **sugar**. Bring to the boil and simmer for 10 mins.
- 3** Return the pork to the pan to heat through. Squeeze over the rest of the lemon juice and season well. Serve with the potatoes and a garnish of rocket.



essentials
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easy!**

How's this for colourful – it'll brighten up any mealtime!



£3.62 per person

Easy-peasy pesto lamb

Chops grilled simply with intensely flavoured summer veg on the side – what could be nicer!

**eat
happy**

You only need to
eat 1/2 a pepper
to equal 1 of your
5-a-day—
it's that easy!

Ready in 20 mins • 455 cals per serving • 27g fat • 9g sat fat • 2 of your 5-a-day

BUY FRESH...

- ☐ 400g ripe tomatoes, deseeded and chopped
- ☐ 1x290g jar Sacla chargrilled peppers antipasto, drained
- ☐ 1/2x110g jar Crespo pitted black olives, sliced
- ☐ small handful flat-leaf parsley, chopped
- ☐ pack of 8 lamb chops



CHECK YOU'VE GOT....

- ☐ 1tbsp olive oil
- ☐ 2 red onions, peeled and cut into wedges
- ☐ 1tbsp capers, rinsed, drained and chopped
- ☐ 3tbsp green pesto
- ☐ rice, to serve

How to...

- 1** Heat the oil in a large sauté pan, add the onion and fry gently for 10 mins. Add the tomatoes, peppers, olives and capers and cook over a medium heat for 10 mins. Stir in 2tbsp of the pesto and the parsley.
- 2** Meanwhile, heat the grill to high. Brush the chops with the remaining pesto and grill for 3–4 mins each side or until cooked to your liking. Serve up with the peppers and rice.



tip Swap the tuna for tinned salmon, crab or cooked prawns to vary the flavour.



£1.44 per person

Cheat's Friday night fishcakes

Transform tinned tuna into these divine and really filling fishcakes... yum!

Ready in 20 mins • 423 cals per serving • 18g fat • 3g sat fat • 0 of your 5-a-day, so serve with green beans

BUY FRESH...

- ☐ 8 spring onions, chopped
- ☐ zest of 1 lemon
- ☐ large handful of rocket, roughly chopped



CHECK YOU'VE GOT....

- ☐ 800g floury potatoes eg King Edwards
- ☐ 320g (drained weight) good-quality tinned tuna, drained and flaked
- ☐ 2tbsp capers, rinsed and chopped
- ☐ 1tbsp mayo
- ☐ 1tbsp plain flour
- ☐ 3-4tbsp sunflower or olive oil, for shallow frying
- ☐ fries and frozen veg, to serve

How to...

1 Heat the oven to Mark 6/200°C. Microwave the potatoes on high for about 15 mins or until tender. Leave to cool, then peel and mash.

2 Add the tuna, spring onions, lemon zest, rocket, capers and mayo to the potato with plenty of seasoning. Divide the mixture into 8 and shape into cakes. Lightly dust with flour and chill in the fridge, if you have time, to help them stay together when frying.

3 Heat the oil in a large, deep sauté pan, then fry the cakes for 2-3 mins each side until golden. Transfer to a lined baking tray and bake for 10 mins until hot right through. Serve with the fries and frozen veg.



essentials
**Make it
easy!**

MEAL 1 £2.44 per person

Roasted Med-style salmon

Enjoy this yummy fish dish on day one...

Ready in 20 mins • 644 cals per serving
• 26g fat • 4g sat fat • 1 of your 5-a-day

1 Heat oven to Mark 7/220°C. Mix small handful each fresh **basil**, **mint** and **parsley** with 2tbsp of **olive oil**, and the zest of 1 **lemon**. Toss 6x150g **salmon fillets** in herb mix, season and put in a roasting tin.

2 Drizzle 500g **tomatoes on the vine** with 1tbsp **olive oil** and 2tbsp **balsamic vinegar**. Put in the tin with the salmon and roast for 15 mins.

3 Cook 450g **basmati and wild rice** according to pack instructions. Serve two-thirds of the rice and 4 salmon fillets with the tomatoes. Cool the reserved rice under cold running water and refrigerate with the leftover cooled salmon.



Cook once, eat twice!

MEAL 2 £2.16 per person

10-min salmon & veg fried rice

...then use your leftover ingredients to make a fresh, zingy supper on day two.

Ready in 10 mins • 400 cals per serving
• 11g fat • 2g sat fat • 1 of your 5-a-day

1 Heat ½tbsp **sunflower oil** in a large wok. Add ½ **red pepper**, 200g pack **baby sweetcorn** and **sugar snap peas** and fry for 2 mins. Add 195g jar Sharwoods **Thai chilli and lemongrass stir-fry sauce** and the **rice** from the day before. Heat for 3-4 mins.

2 Stir through 50g **pak choi**, **flaked salmon** from the day before, 1-2tbsp **soy sauce** and heat for a further 2 mins.

3 Stir through 4 **spring onions**, sliced, and 1tbsp chopped **coriander** just before serving and scatter with a handful of **peanuts** and **lime wedges**, to serve.



Chocoholics' dream!

If you're not a fan of baking this is the pud for you – it's so wickedly chocolatey! Great for prepping ahead, too



Easy!
No-bake!

Silky smooth chocolate, a divine nutty base and a dollop of cream – who could resist that!

Chocoholics' dream!

Ready in 30 mins + chilling time • 675 cals per serving • 49g fat • 25g sat fat

FOR THE BASE

- 75g dark chocolate
- 50g unsalted butter
- 1tbsp golden syrup
- 200g digestives
- 50g crushed hazelnuts, toasted and chopped

FOR THE FILLING

- 175g 70% dark chocolate
- 100g milk chocolate
- 75ml double cream
- 4 large free-range eggs, separated

FOR THE TOPPING

- 40g caster sugar
- 200ml double or whipping cream, softly whipped
- dark chocolate, grated, to decorate

1 Lightly grease and base line a 21cm springclip cake tin. To make the base: melt the **chocolate**, **butter** and **syrup** together in a bowl set over a pan of simmering water. Stir in the **biscuits** and **hazelnuts**, spoon into the tin and press down to cover the base. Chill.

2 For the filling, melt all the **chocolate** and **cream** together over a pan of barely simmering water. Stir briefly to combine and leave to cool slightly, then mix in the **egg yolks**.

3 In a separate bowl, beat the **egg whites** until thick, add the **sugar** and beat until stiff and glossy. Using a metal spoon, fold into the chocolate mixture. Spoon on top of the base and chill for at least 2 hrs. When ready to serve, run a hot cloth around the edge of the tin to loosen, then transfer the cake to a flat plate. Spoon the dollops of **whipped cream** on top, then the grated **dark chocolate**.

SERVES 8



Get ahead by making the sponge the day before. Roll up while warm and wrap in foil. Add filling before serving.

Don't be fooled by saying 'make mine a thin slice'!

And try these – they're too good to miss

COFFEE MOCHA MOUSSE POTS

They may be small, but these silky smooth desserts are ultra rich.

Ready in 15 mins + chilling • 276 cals per serving • 16g fat • 9g sat fat



tip Instead of topping with plain cream, whisk 150g mascarpone with 1tbsp coffee liqueur and spoon on to each pot.

SERVES 6

1 Melt 200g Bournville **dark chocolate** with 50ml **double cream** in a bowl set over barely simmering water. Allow to cool for 5 mins, then whisk in 2 **free-range egg yolks** and 2tbsp **coffee liqueur**.
2 Meanwhile, whisk 2 **free-range egg whites** until thick using an electric hand whisk, then add 2tbsp **caster sugar** and whisk until glossy. Fold into the chocolate mix, then spoon into 6 small coffee cups and chill for 4 hrs. Top with **whipped cream** and a **coffee bean**.

WICKED ICED LEMON MERINGUE

So quick and easy – and an instant sweet fix.

Ready in 5 mins + freezing • 278 cals per serving • 9g fat • 5g sat fat



Not too naughty!

SERVES 4

1 Put 4 ramekins on a baking tray, add a large scoop of slightly softened **vanilla** or **lemon ice cream** into each and press down to smooth. Refreeze for 30 mins.
2 Remove ramekins from the freezer and run a knife around the edge of each to release the ice cream. Top each dessert with 1tbsp **lemon curd** or **orange curd**. Put a bought **meringue nest** on top and serve immediately.

eat
happy

Pop one square of good chocolate – it releases the same chemical as being in love does!

BEST IN SEASON

Raspberries

Now's the time to enjoy the best soft fruit – delicious eaten on their own or in sharp, summery puds

TRY THESE IDEAS...

WHIZZ 50g fresh raspberries with 1tbsp white balsamic vinegar and 3tbsp olive oil and you've got the perfect vinaigrette to serve with goats' cheese.

WARM raspberries with orange zest and juice, icing sugar and a little vanilla extract to make a speedy fruit compote.

FOLD raspberries into Greek yogurt and whipped cream with a sprinkling of chopped hazelnuts and almonds for a quick pud.

Mmm...

Make this!

Light & creamy raspberry mousse

The delicate flavour of raspberries makes this feel sin-free!

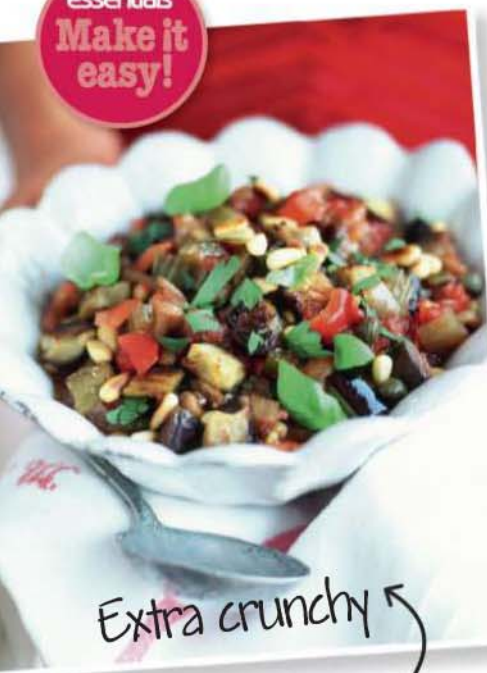
Serves 8 • Ready in 20 mins + 4 hrs chilling • 340 cals per serving
• 27g fat • 16g sat fat

Soak 3 fine leaves of **gelatine** in cold water for 5 mins. Meanwhile, melt 150g **white chocolate**, broken up, in a bowl set over a pan of barely simmering water. In a separate pan, gently heat 2tbsp **caster sugar** with 2tbsp water until dissolved; then stir in gelatine until dissolved. Whisk together 3 **egg yolks**, 375ml **whipping cream** and 1tsp **vanilla extract** until combined. Add the chocolate and gelatine and stir to combine. Stir through 2tbsp **grenadine** and 300g **raspberries**, mashed. Whisk 3 **egg whites** until they form stiff peaks, then fold into the rest of the mix until smooth. Spoon into a large bowl and chill for 4 hrs or until set. Top with raspberries and a drizzle of raspberry coulis and serve.

**eat
happy**

Melt dark choc and stir in crushed raspberries. Set in the fridge and break off bits when you fancy.

essentials
Make it
easy!



Extra crunchy ↗

Aubergine

Make this delicious Italian-style Caponata salad – it really makes the most of the flavours.

Serves 4 • Ready in 25 mins • 207 cals per serving • 18g fat • 2.5g sat fat




Heat 2tbsp **olive oil** in a frying pan, add 2 sticks **celery**, chopped, 1 **red onion** and finely chopped, 1 **aubergine**, diced, and fry gently for 20 mins until softened. Add 1 large **beef tomato**, chopped. In a large bowl put 2tbsp **extra virgin olive oil**, 1tbsp **red wine vinegar** and 1tsp **sugar**, mix and season well. Add the veg and 25g **toasted pine nuts**, 1tbsp **capers**, drained, and a handful each of chopped **parsley** and **basil**. Toss together and season to taste.



Carrots It's time to get your teeth into the young, juicy crop of British carrots. The bonus is they're really healthy – high in all that's good for you and low in the bad stuff! Check out britishcarrots.co.uk for lots of tasty recipes.

Also in season...

Put these seasonal treats in your shopping basket this month.

	✓ STORE	✓ TRY	✓ USE IT UP
Strawberries 	Best eaten on the day of purchase, but otherwise, store in the fridge and return to room temperature before serving.	Fresh strawberry tarts: make mini tarts using the sweet pastry recipe on page 97, then fill with vanilla mascarpone and top with fresh strawberry slices.	For a speedy Eton mess, chop up strawberries, mix with some sugar and vanilla extract, then add whipped cream and crushed meringue nests.
Brown trout 	Best eaten as fresh as possible. Keep in the fridge, gutted and rinsed for up to two days, or freeze on day of purchase.	Pan-fry fillets and serve with herby garlic and lemon butter and new potatoes. Or oven-bake whole fish wrapped in foil.	Stir cooked, flaked trout into mashed potato, add capers and mint and shape into fishcakes.
Gooseberries 	Store in a brown paper bag in the fridge for up to a week.	Poach gooseberries with elderflower cordial, then mix with some sweetened whipped cream for an indulgent fool, or serve in a Pavlova.	A great fruit to bake for crumbles or in traybakes – they taste really good with almond-based puds.

DID YOU KNOW? Radishes are part of the mustard family – which is what gives them their peppery taste. If your radishes have lost their crisp texture, soak in ice cold water for a few mins to freshen them up and restore that lovely crunch!

EASY HOW TO

2 steps to preparing... squid



1 Pull the head and tentacles away from the main body of the squid. Remove the insides including the 'plastic' quill. Remove the head by cutting just below the eye, so that the tentacles remain attached. Dry all the squid well.



2 Either cut the squid tubes into rings or cut along one side of each squid tube and open out, then score the inner side with a sharp knife.

Now try this! ↗

Salt & paprika squid

Really tender – and so moreish!

Serves 2 • Ready in 10 mins • 468 cals per serving • 20g fat • 3g sat fat

Put 4tbsp **plain flour** and 4tbsp **cornflour** into a bowl, season with 1tsp **sea salt** and 1tsp **paprika**; mix well. Fill a large pan or wok no more than a third full with **sunflower oil**. Heat until a cube of bread turns golden in 20 secs. Toss 400g prepared **squid** in the flour, shake off the excess and fry in batches for 30 secs–1 min until crispy and golden. Serve with **garlic mayo** and **lemon wedges** to squeeze over.



30 gorgeous summer craft ideas

Think you haven't got a creative bone in your body? Ah, but you haven't tried these easy ideas yet

Simple shed idea

Pretty up your shed by screwing shutters on either side of the window. Treat them with a primer followed by a coat of exterior paint. Farrow & Ball Eco Exterior Eggshell, £19.50 for 0.75 litres, is available in over 100 shades. For shutters, go to hillarys.co.uk/shutters, B&Q at diy.com or affordablesutters.co.uk.

Cool crafts outdoors

Update your garden – and get a tan at the same time!

Easiest ever envelope cushion

Cut your fabric to double the size of your cushion pad. Wrap the pad in fabric, just as you would a present. To fasten, sew an extra large button, or a safety pin laden with beads, on the back.



Dream screen

To hide an untidy area in your garden, lay a sheet or tablecloth on the floor and position 4 batons across at equal distance (as in picture above), leaving 12cm on show at the top and bottom. To secure batons, cut pieces of old fabric double the size of the baton widths, put them over the batons and sew down both sides.

BRIGHT IDEA

Give your garden twinkle appeal with ever-so-easy lighting ideas.



BATTERY LANTERNS

Cover kitchen or loo-roll cylinders in wrapping paper and make 8 slits in each, leaving 3cm at each end. Shape a piece of wire into a loop and insert into the roll, bending it to keep the slits open. Leave a loop for hanging. Insert a cup cake case to hold a battery tealight (£16 for 12, coxandcox.co.uk).

DO IT WITH THE KIDS'

No drama piñata

For you and the kids to make together... it'll keep them busy for a few days!



1 Make papier mâché paste by mixing 1 part wallpaper paste and 3 parts water. Inflate a balloon, cover with Vaseline, then strips of newspaper dipped in your papier mâché paste, leaving a 2cm space around the tied knot. Leave to dry for 24 hours.

2 The next day, add another layer of papier mâché and leave to dry for 24 hours. You'll need 4 layers in total.

3 On day five, pop the balloon and remove. Mark a 5cm square in the top of the piñata, then make a flap by using a knife to cut open 3 sides. Fill the piñata with lots of goodies. Make 2 small holes either side of the flap, thread through a long ribbon and tie across the flap to close it. Paint and decorate the piñata, then hang... and bang!



tip Theme your tablecloths to go with your meals – afternoon tea, a BBQ or a kid's tea party.



Mood
enhancer



TULIP TEALIGHTS

Mould squares of fine wire mesh netting (from £4.80 a metre, harrodhorticultural.com) around tealight garden stakes to turn plain tealights into something simply enchanting.

live
happy

Scientists say we need 10-15 minutes of sunshine a day to give us vitamin D – so dine al fresco whenever you get the chance.

Cherry picked tablecloth

The kids can get involved in this one. Cut out shapes from felt and stitch onto a plain tablecloth, or buy self-adhesive felt shapes (from £2.99 per pack, bakerross.co.uk) and get sticking. This is a great way to hide any stubborn stains, too!



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tip Make your bunting out of odd bits of waterproof material and you'll be ready for those summer showers!



Bunting's a breeze

Using fabric off-cuts and pinking shears (£9.99, Argos), cut out your triangles and secure them to string, ribbon or picture wire using a staple gun or safety pins. Hang your bunting along a fence or around a parasol for instant summer fête chic.

Deck out your chairs

Deckchair's seen better days? Remove the canvas seat and use as a template to make a new one. Cut your new deckchair material (£9.50 per m, deckchairstripes.com) to size and fasten to the old seat using a staple gun... it's easy!

One-off
design



Mini make-overs for your home

Got a spare half-an-hour? Use it to get crafty with your

Stencils in seconds

Brighten up your plain furniture. Go to spraystencils.com and print one (for free!). Put it on the area you want to decorate, paint, then pull the stencil away. Check there's no paint on the paper before continuing.

instant happy

Scrawl sweet or funny messages on your chalkboard for your family to find.

Chalky cupboards

Blackboard paint (£4.50 for 500ml, wilkinsonplus.com) is a great idea for a child's bedroom. Simply paint on and leave to dry. It'll save you a fortune on re-decorating, and using it on a cupboard will free up wall space (oh, and the kids won't be told off for writing on the walls!).

Space
saver

BUTTON UP

At least no one else will have these...



BESPOKE NAPKIN HOLDERS

Simple but how effective are these? Just thread buttons onto picture wire, making sure they're secure, then wind around your napkins.



Not-so-boring boxes

Give storage boxes an overhaul by painting them or covering with wrapping paper, magazine covers or an old map. Simply cut to size and glue on.



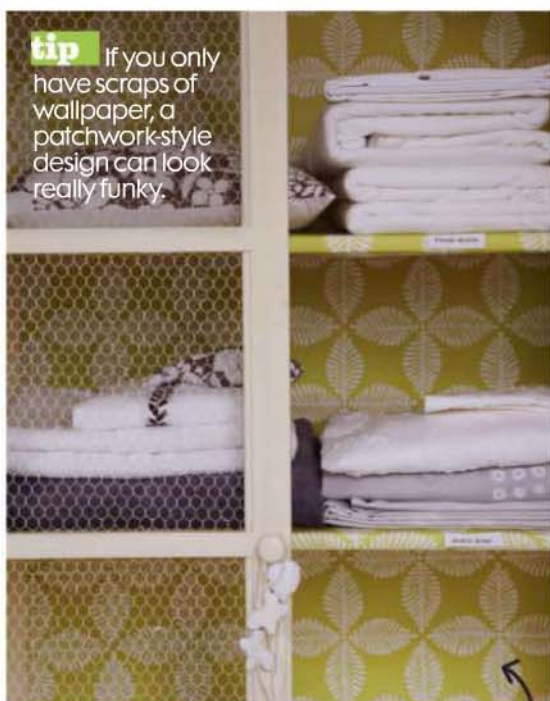
Super quick



FUNKY FRIDGE MAGNETS

Put odd buttons to good use and turn them into fridge magnets with magnetic tape (£2.49, maplin.co.uk). Feather butterflies and brooches work, too.

tip If you only have scraps of wallpaper, a patchwork-style design can look really funky.



5 ways with wallpaper

It's a trend that's not going away anytime soon, but if you haven't got any plain walls left in your house, why not try wallpapering...

- ...the inside of a display dresser
- ...over an old picture, to create wall art
- ...panels of a wardrobe, cupboard or set of drawers
- ...a room screen
- ...a wooden headboard

essentials
Make it easy!

The fairest mirror of them all

Pretty up a mirror with paper flowers. Use tissue or wrapping paper in muted pastel shades and a craft punch (such as the daisy craft punch, £4.25, HobbyCraft) and stick on.



READY IN A WEEKEND

Restored drawers

Update a shabby set of drawers by painting it in two colours – eg deep lilac and dark blue – which will give an antique effect. For the finishing touch, paint the borders on the drawers in a stand-out colour, then apply a wax.



1 Sand down and paint the chest. While wet, apply a second coat in a slightly different colour.



2 Paint the borders of the drawers white.



3 Paint a clear wax over the whole chest and wipe off the excess with a clean, dry cloth.

Fantastic ways with fabric

There's more to do with fabric than just make cushions you know...



Pretty as a pinboard

Turn a plain cork notice board (£3.99, Ikea) into something fab by padding out the front with a piece of fleece material or even bubble wrap. Glue down, then cover with your chosen fabric and fasten neatly at the back with a staple gun. Criss-cross your ribbon across the board and hold in place by stapling at the back of the board. Insert drawing pins at each point where the ribbons cross at the front.



Dolled up curtains

Long curtains add a sense of grandeur to a window. For a final majestic flourish, make tie-backs from a long piece of ribbon tied in a bow, or keep it neat with a cute corsage – Accessorize has a good range.

READY IN 1 HOUR

tip Not got enough material to cover all your chairs the same? Then give each one its own personality using different designs.

No mean feat seat

Like the chair but hate the seat? So change it!



1 Remove the seat pad and stretch over your chosen fabric.



2 Using a staple gun (amazon.co.uk has a good selection) secure your fabric under the seat pad. Replace, sit and smile smugly!



Give your shelf a life

Turn a plain, floating shelf into an eye-catcher by covering it with fabric. Cotton is ideal as it's strong, but thin enough to fit snugly around the corners. Cover the two ends of the shelf first, pulling the fabric tightly and fastening with a staple gun. Then cover the rest of the shelf, apart from the side that will be attached to the wall.





Magic wardrobe

Hide clutter in a dresser or glass-door cupboard by hanging cheaters' curtains. Cut your fabric to double the size of each door. Fold over the top and bottom and make hems by ironing on Velcro tape (£2.69, fabricuk.com). Secure net curtain wire with hook and eye fixings on the inside of each door top and bottom, then ease the hems over the wires, bunching as you go, until you reach the end – ta da, done!



Cover it up

Pretty up kitchen chairs... with a tea towel! Fold your tea towel in half, right side facing. Stitch up the two sides, turn right side out and slip over the back of your chair. If the seat is looking shabby, too, just follow the instructions opposite. This works with pretty, traditional or modern, funky designs.

New ways with flowers

These ideas give the humble vase a run for its money.

essentials
Make it
easy!



Petal tea

Some mugs or cups are too pretty to hide away. Show them off by popping a single flower into each and you've got yourself an eye-catching display.



Pots of character

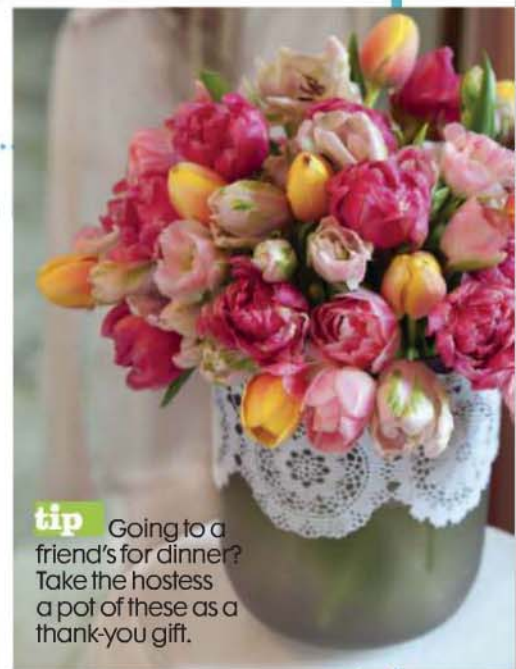
Use old paint pots, a vintage-style cake tin or even a cute jam jar to give a regular bunch of blooms the aah factor.

DUST OFF YOUR DOILIES!

Paper doilies may bring you out in a cold sweat, but they make great flower holders.

FLORAL CONE

Make a cone out of paper, wrap a doily around it and staple securely. Loop ribbon to the top and staple that, too. Wrap flower stems in wet kitchen towel, pop into the holder and hang up.



tip Going to a friend's for dinner? Take the hostess a pot of these as a thank-you gift.

LACE WITH TASTE

Turn a plain plant pot into a shabby chic one. Just cut up an old net curtain, lace trim off a blouse or a doily the same size as the rim of your pot and glue in place.

Stand out in a crowd

Customise your accessories by being cleverly crafty.



Bespoke button bag

Make that free bag you got with a magazine look different from everyone else's by sewing on buttons, sequins or bows. The Button Box, £3.99 from hobbycraft.co.uk, contains 100 different kinds of button that would be perfect for this.

Go OTT with pom-poms!

It's colourful, fun, and unique to you!

1 Decide how big you want your pom-poms and cut out two cardboard circles that size. Mark a 2cm circle in the centre of each piece of card and cut those out, too. Put the two cardboard rings together.

2 Cut your wool into manageable lengths and wind through the centre hole, around the back and through the hole again. Work your way around the ring, until you can no longer see any of the cardboard.



3 Snip the wool around the edges, layer by layer, until you reach the cardboard.

4 Put a piece of wool between the two rings of cardboard and tie tightly. Cut away the rings, fluff up the pom-pom and trim any straggly bits. That's it! Now you can make more and use to embellish a scarf or a bag.



feel happy

If creating something for yourself makes you happy, make gifts for friends and double the pleasure!

READY IN 2 HOURS

Statement necklace

To make yourself this little stunner, you'll need two large balls of 'rainbow' coloured wool, an old necklace, ribbon and a needle and thread.



1 Wind a 30cm piece of wool from each ball around four fingers to make a multicoloured circle and put to one side. Repeat this until all the wool has been used up.



2 Twist each circle in opposite directions at the ends until they're all curled up, then knot each one into a tight ball.



3 Starting halfway down your necklace, sew on the balls until you reach the bottom. Repeat along the other side. Tie ribbon to each side of the open clasp so that the bulk of the ribbon hangs around your neck.

tip Make yourself a bracelet using the same technique – just don't wear them together!



NEXT MONTH... All the recipes you need for summer

where to shop

All prices and contact details are correct at the time of going to press



Accessorize 0844 811 0068
accessorize.co.uk

All Posters 020 7183 1770
allposters.co.uk

Alpha H beautyexpert.co.uk
or hqhair.co.uk

Aromatherapy Associates
020 8569 7030

aromatherapyassociates.com

Asda asda.co.uk

Asos asos.com

Avon 0845 601 4040
avon.co.uk

B&Q 0845 609 6688 diy.com

Bushboard 01933 232 200
bushboard.co.uk

Bedeck 0845 603 0861
bedeckhome.com

Bhs 0845 196 0000 bhs.co.uk

Bic at chemists nationwide

Bonmarché 01924 700 100
bonmarche.co.uk

Bourjois 0800 269 836

Bravissimo 01926 459 859
bravissimo.com

Cavendish Equipment 0199 276
7105 cavendishequipment.co.uk

Champneys 0843 316 2222
champneys.com

Clarins 0800 036 3558
uk.clarins.com

Clinique 0870 034 2666
clinique.co.uk

Crocus 0844 557 2233
crocus.co.uk

Dartington 0180 562 6262
dartington.co.uk

Debenhams 0844 561 6161
debenhams.co.uk

Dorothy Perkins 0845 121
4515 dorothyperkins.com

Dove Spa dovespa.co.uk

Dwell 0845 675 9090
dwell.co.uk

eFrame 01767 677 888
eFrame.co.uk

Elemis 01278 727 830
elemis.com

Estée Lauder 0870 034 2566
esteeauder.co.uk

Evans 0845 121 4516
evans.co.uk

Farrow & Ball 01202 876 141
farrow-ball.com

Freemans 0844 556 4444
freemans.com

Fifty Plus fiftyplus.co.uk

Fiorelli 020 8563 2206
fiorelli.com

Frederic Fekkai at Space NK

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Freedom at Topshop
01277 844 476 topshop.co.uk

Garnier Nationwide

George at Asda george.com

Givenchy 01932 233 824

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Heatons 0035 314 630 100
heatonsstores.com

He-Shi 0845 301 1060

House of Fraser 020 7003
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Ivory pearl 020 7701 2330
ivorypearlinteriors.com

Jane Norman 020 7659 1234
janenorman.co.uk

Jemma Kidd Pro at Space NK

020 8740 2085

Jessica 020 8381 7793

JK Jemma Kidd asos.com

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Kiehl's thekiehls.co.uk

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La Redoute 0844 842 2222
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Laura Mercier 0800 1234 000

Leighton Denny
leightondenny.com

Lisbeth Dahl 020 7736 8866

The Little Cushion Company
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thelittlecushioncompany.co.uk

London Cows 0845 496 1324
londoncows.co.uk

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mandco.com

Mac 020 7534 9222
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Marisota marisota.co.uk

Marks & Spencer 0845 302
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Matalan 0845 330 3330
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Max Factor Nationwide

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Mint Velvet mintvelvet.co.uk

Miss Selfridge 01277 844 198
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trevorsorbie.com

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Phone lines open at midnight on 1 May and close at midnight on 3 June 2010.

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JUNE 2010

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Chillax in beautiful, laid-back Barbados



essentials' editor Jules spent a week at the all-inclusive resort Crystal Cove situated on the glitzy west coast.

Why go?

If you want all-day sunshine, fabulous food, and happy

people, then Barbados has it all. It's one of my favourite Caribbean islands, not least because it's so friendly, lush, and quite small, therefore easy to get around. You can hire a car, but it's fun to hop on a little local yellow bus, which is really cheap and gets you to most places. We called it the 'reggae bus' as that's what's blaring out of the open windows all the time!

There are loads of shopping malls so you can treat yourself to designer stuff or the more affordable local ranges. There's lots of culture too, from plantation houses and garden tours to jazz and art festivals – there's something for everyone. Barbados isn't particularly cheap, especially if you do B&B, which is why an all-inclusive is such brilliant value.

Where to stay?

One of the big luxury hotel groups on the island is Elegant Hotels, which has five resorts. I chose Crystal Cove in Appleby in the parish of St James; it's only 30 minutes from the airport, pretty central to everything, really laid-back and situated on an idyllic little cove. As soon as I arrived, my luggage was whisked away and I sank into a squishy sofa to enjoy a cheeky cocktail – my stresses and strains melted away.

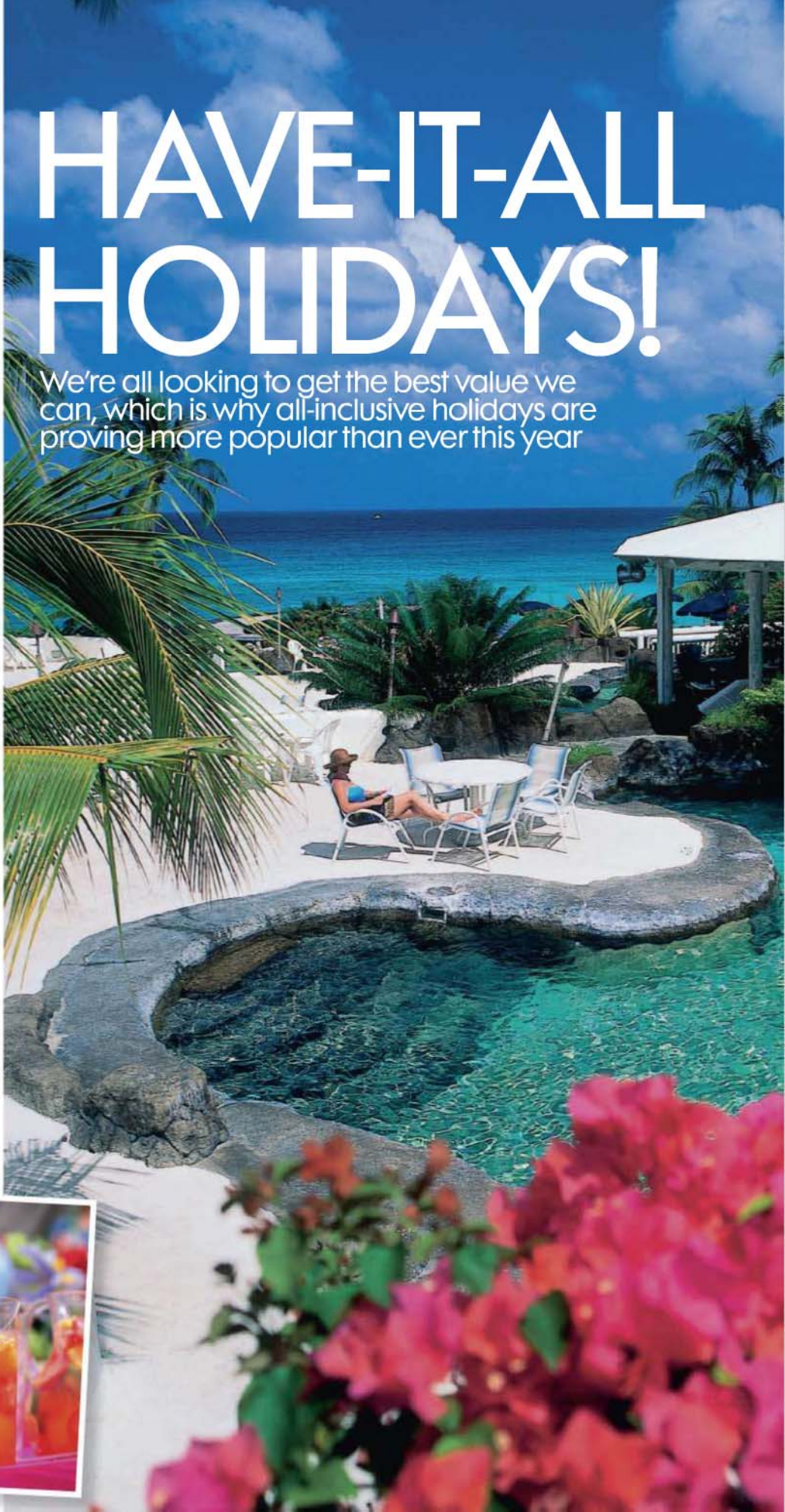
Crystal Cove is one of the smaller resorts and there are no queues, no squabbling over sunbeds, but lots of smiling staff to cater to your every need. The resort is all very low level and tiered down towards the beach so you'd never realise there are 88 rooms and suites, each with a veranda or terrace. I was impressed with how clean everything was, in the rooms and around the resort. The

Sumptuous cocktail bars have oh-so-much to offer!



HAVE-IT-ALL HOLIDAYS!

We're all looking to get the best value we can, which is why all-inclusive holidays are proving more popular than ever this year





The sheer indulgence of all-inclusive means that cold drinks, lollies and fresh fruit bowls are brought to you, down by the pool or on the beach!

beds were bliss and I had some of the best nights' sleep ever, although that might have had something to do with the wonderful mango martinis!

The food was beautifully prepared and cooked. Breakfast was a buffet affair – crispy bacon and creamy scrambled eggs, followed by mango and pineapple was my favourite. There are two restaurants to choose from for lunch and dinner – the fish and seafood dishes were divine and it was difficult not to keep going back for seconds!

What to do?

My itinerary for the holiday was simple: do absolutely nothing apart from crosswords, read, paint my nails by the pool and then get dressed up for dinner each evening. I went with a like-minded friend and every morning we were up at 6am to see the beautiful sunrise and do our good deed of the day: a session at the gym. It was only 100 yards from the room, and fully equipped and air-conditioned.

The hotel has lots of water sports, most of them free, from sailing, kayaking, boogie-boarding and water-skiing to snorkelling, but I preferred to people-watch or float around in one of the lagoon-style pools.

We did drag ourselves away from the hotel a few times and one day took a taxi to the Garrison Savannah racetrack just outside the capital, Bridgetown, for a spot of horse-racing. I've never been before and loved putting on a pretty dress and having a flutter.

One thing everyone seems to have on their Barbados-to-do list is treating themselves at one of the luxury restaurants. I'd been to two island favourites before, The Tides and The Cliff (both with fabulous views and food, but expensive!) and I fancied dressing up and trying Daphne's, which is next to The House, a gorgeous boutique hotel just up the road.

This restaurant is all cool Asian styling with tables overlooking the beach, but the food is very Italian. The service was impeccable and

plan your escape



Most rooms have gorgeous views of the gardens or over the ocean



At sunrise or sunset – this is heaven on earth!

we had perfect G&Ts in the sumptuous cocktail bar before dinner. The porcini mushroom, asparagus and Parma ham risotto was to die for, as was the mahi-mahi fish with battered courgette and red onion – expect to see a similar recipe in *essentials* one day soon!

holiday happy

If you need a new cossie fast, check out swimhut.com which has a huge range of swimwear for men, women and kids. It offers overnight delivery, too.

What else to know?

I'd gone to Barbados to chill out, so I wasn't after too-hecktic a nightlife, but I really wanted to do a couple of touristy things such as Bajan Roots & Rhythms at the Plantation Theatre. It's on twice a week and has lots of dancers and fire-eaters – great fun. Another

thing not to be missed is the Fish Fry in Oistins: it's like a big street party with stalls selling food and local rum. But too many of those and you'll be dancing in the street with the locals!

And don't worry about being pestered by beach vendors, I only met a couple and they were licensed and no bother at all.

WANT TO GO?

Book Crystal Cove direct with Elegant Hotels Group. Prices from £219 per room per night, based on a pool/garden view room, single or double occupancy, three nights minimum, in May. This includes food and drink (except fine wine and Champagne) and water sports. For more info, go to eleganthotels.com. Flights with BA cost from £285 one way (ba.com).

A fresh look at all-inclusives

Tour operators have had a surge in demand for all-inclusive holidays... and they're saying holidays are a lot better than they used to be, with free ice cream and cappuccinos, and gourmet meals. Even the gin in your G&T will be a good brand, rather than the local brew. So, if you're on a set budget, a package can offer great value.

What's included?

Choosing all-inclusive can be a smart way of ensuring you don't go over your holiday budget, as you'll already have paid for everything that you need before you arrive. The tour operators will usually claim that 'just about' everything is included. But it pays to do your homework properly before you book,

just so you know *exactly* what's included – and what isn't.

FOOD Three meals a day are usually included, but does that

mean you'll have a gourmet dining experience or simply the opportunity for three daily visits to the buffet? Find out first as the latter could soon prove repetitive!

DRINKS There are often time limits on the 'free' drink option. In many cases, also, the range of 'free' drinks can be restricted to whatever happens to be available at the bar – and that could be a very disappointing selection.

SPORTS AND ACTIVITIES This is where surprise extra charges can hurt a bit. For example, a resort may offer free use of its tennis or squash courts, but you may well pay to hire the rackets. In particular, check which water sports are included, and also how you book them.

If you've paid for it...

Online travel agent sunshine.co.uk carried out a study of 1,154 Brits who went on all-inclusive holidays abroad in 2009 and has revealed that just under 40% felt they didn't make the most of services or facilities. Most meals and drinks were included, but under half ate breakfast, lunch and dinner in their hotel each day, with the rest eating elsewhere for a change of scene. Almost half said they thought it was only food and drink they could get free during their stay and over a quarter didn't want to ask staff what was included. 68% were more comfortable booking all-inclusive in case they ran out of money. 83% said they would book all-inclusive again.



travel
happy

Ask your tour operator or travel agent before you go exactly what is included in your all-inclusive resort to avoid embarrassment once you get there.

What's on offer?

Under £600

◆ **Direct Holidays** (0871 664 7985, directholidays.co.uk) offers an all-inclusive week at the end of August in San Agustín, Gran Canaria, for £439 pp, including flights. You'll stay at the Mirador Atlantico Hotel in Playa Amadores.

◆ **First Choice** (firstchoice.co.uk) has seven nights at Seaside Hotels' Sandy Beach, Gran Canaria, from £480 per person for two adults sharing a twin room, on an all-inclusive basis. Includes return flights from London Gatwick with Thomson Airways, departing 19 June 2010 and return transfers.

◆ **Thomson** (thomson.co.uk) will get you to Gran Canaria for an all-inclusive week at the end of August for £544 per person. Flights are from Luton and you'll stay at the 3T IFA Interclub Atlantic.

£600-£1,000

◆ **Travel City Direct** (0844 557 6965; travelcitydirect.com) offers a 'Flex Plus' plan to get a semi all-inclusive deal in Orlando for an extra £149 pp. Includes eight breakfasts, six meals, unlimited soft drinks, tea, coffee, shopping vouchers, late check-out, overnight excursion to Daytona Beach, plus preferred room upgrade. From £699, with return flights from Gatwick.

Depart 6 October and buy a Flex Plus plan and you'll pay £699 pp based on two adults and two children (3-9), sharing at Quality Inn Plaza, but you will also get an exclusive free ticket to SeaWorld & Aquatica and Busch Gardens. Book by 30 June 2010 and quote *essentials* mag.

◆ **Hayes & Jarvis** (0871 664 0246; hayesandjarvis.com) offers six nights at Costa Rica's 4-star Allegro Papagayo on Manzanillo beach, from £899 pp including flights.

◆ **Virgin Holidays** (0844 557 3859; virginholidays.co.uk) has five nights at the Hilton Ras Al Khaimah Resort & Spa, Dubai, from £891, for two adults sharing, departing 21-27 July.

£1,000+

◆ **Key2 Holidays** (020 7963 6663; key2holidays.co.uk) offers 14 nights at Half Moon resort in Montego Bay, Jamaica, from £2,819 pp. Price is based on two sharing a superior room, including return flights from Gatwick, private transfers, resort representation, breakfast, lunch, dinner, drinks at hotel bars, champagne on arrival, bikes, tennis, badminton.

Half Moon is offering a complimentary one-category room upgrade exclusively to *essentials* readers; for new bookings for stays between 1 June and 31 October, subject to availability. Quote *essentials*.

◆ **The Best of Morocco** (08450 264 585; realmorocco.com) has ClubHotel Riu Tikida Palmeraie with two pools, kids' playground, wellness centre, tennis. Seven nights from £1,085 pp incl flights from London, transfers.



Setting up the beach barbecue at Half Moon resort

Top ten all-inclusives

TripAdvisor recently announced its top ten all-inclusive resorts, as nominated by more than 20 million traveller reviews:

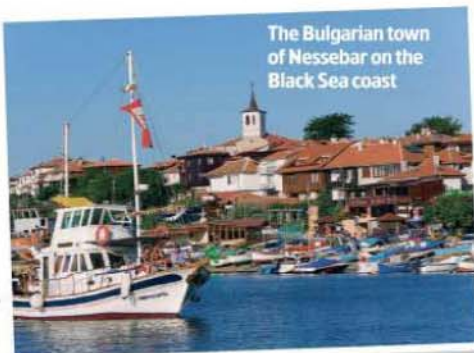
- 1 **Drowsy Water Ranch, Colorado** (drowsywater.com) – the perfect escape for a luxury taste of the Wild West
- 2 **The Caves, Negril, Jamaica** (islandoutpost.com/the_caves).
- 3 **Garonga Safari Camp, Makalali Game Reserve, South Africa** (garonga.com).
- 4 **Club Med Ixtapa Pacific, Mexico** (clubmed.us).
- 5 **Le Blanc Spa Resort, Cancun** (leblancsparesort.com).
- 6 **Ceylon Tea Trails, Hatton, Sri Lanka** (teatrails.com).
- 7 **Dunton Hot Spring, Dolores, Colorado** (duntonhotsprings.com).
- 8 **Nukubati Island Resort, Fiji** (nukubati.com).
- 9 **East Winds Inn, St Lucia** (eastwinds.com).
- 10 **Mopan River Resort, Belize** (mopanriverresort.com).

All-inclusive holidays for single travellers

◆ The singles specialist tour operator, **Just You** (0800 567 7393; justyou.co.uk), is featuring an all-inclusive programme for the first time this summer. Ten top destinations, including Kusadasi, Halkidiki, Bulgaria, Sharm el Sheikh, Kenya and Mauritius are on offer. Prices start from £602 per person.

◆ **Friendship Travel** (0871 200 2035; friendshiptravel.com), another singles specialist, offers a week from £625 at the 2-star Era Hotel, a simple, all-inclusive hotel that's situated between Oludeniz and Hisaronu in Turkey. The price includes flights from Gatwick, transfers and sole occupancy of a double room.

The Bulgarian town of Nessebar on the Black Sea coast



FEATURE: JULES BARTON-BRECK & JAMES LUCKHURST

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essentialsweightloss.co.uk

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Visit essentialsweightloss.co.uk and register for a free assessment online (enter your age, height, current weight, activity levels and weight-loss goal) to get your personal weight-loss targets. Then simply start to keep your online food and exercise diary, staying within your targets.

Terms [1] Offer closes: midnight 3 June 2010. [2] No other promotional code or discount may be used with this offer.

WIN! Gorgeous goodies worth £1,000

One reader takes it all!

Digital photo frame + DVD

Serious Moonlight (out now on DVD at Tesco) has an all-star cast, including Meg Ryan. You'll be receiving a copy of the DVD, plus a digital photo frame that's perfect for displaying this year's holiday snaps.



Case of Champagne

A whole case of extra quaffable Nicolas Feuillatte Brut Rosé Champagne (available from laithwaites.co.uk) will be winging its way to you, just in time for summer. Perfect for your next party!



Bespoke travel accessories

You'll be travelling everywhere in style from now on with these gorgeous leather accessories from Kiki James (kikijames.com). You'll get a passport cover, luggage tag and a travel wallet, all initialled just for you!



Luxe bedlinen

Brighten up your bed with this luxe Kisra bedlinen from Bedeck. The set includes a king-size duvet cover, two housewife pillowcases, two Oxford pillowcases, a quilted throw and a silk cushion.



smell happy

Want to remind yourself of a fab holiday? Rub on some suntan lotion and the smell will take you wafting back to sunny climes.



A year's supply of skincare products

Keep your skin baby soft all summer long with a year's worth of products from Johnson's, the experts in softness, including the new 24-hour body range.

ESSTREAT2 05 For your chance to win these fabulous prizes, turn to page 123 – you can enter by phone, text or postcard.

FREE Luxe revitalising cream worth £13!

Is your skin in need of a bit of a pick-me-up? Does it need a moisture boost to get you ready for the warm months ahead when you'll be spending lots more time outdoors? Well, Skin Revivals Revitalising Cream will give you a head start and this 50ml tub, worth £13, is yours, free – just pay the p&p!

This fab high-performance cream can be used under your make-up or as a night cream and will help to eliminate the appearance of lines and leave your skin nourished and glowing. Skin Revivals products have organically certified ingredients, no artificial colour or fragrance and no primary petro-chemicals.

NATURAL BEAUTY BONUS



HOW TO CLAIM YOUR GIFT & BUY OTHER SKIN REVIVALS PRODUCTS

To claim your free gift **ONLY** send a £1.99 sae or £2 cheque/PO for p&p to Beauty Naturals/essentials Offer, The Old Vicarage, Laxton, Corby NN17 3LL (one gift per household). To order your Skin Revivals products, send the coupon and your cheque/PO (name and address on back of cheque), made payable to Beauty Naturals, to the

address on the coupon. Or call the order hotline on 0800 980 6665. Your free Revitalising Cream will be sent with your order – there is no need to enclose a sae. You can also order the additional items and free gift online at beautynaturals.com/essentials. Only open to readers in the UK. Closing date: 3 June 2010

SEND TO: Beauty Naturals/essentials Offer, The Old Vicarage, Laxton, Corby NN17 3LL

PRODUCT	PRICE	QUANTITY	TOTAL
Free 50ml Revitalising Cream	Free	1	Free
Organic Facial Cleansing Oil	£8.50		
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Grand total			

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HARMONISING TONIC

An alcohol-free, soothing herbal lotion to clarify and brighten your complexion ready for you to apply your moisturiser. £6 for 100ml (rrp £8.50).



REFINING SERUM

A silky, light lotion to give your skin a lift, prevent it from slackening and to help minimise the look of any fine lines. £10.50 for 100ml (rrp £15).



HARMONISING BALM

This moisturiser will strengthen your skin as well as protect it against environmental damage – it'll soothe irritations, too. £7.50 for 100ml (rrp £10.50).



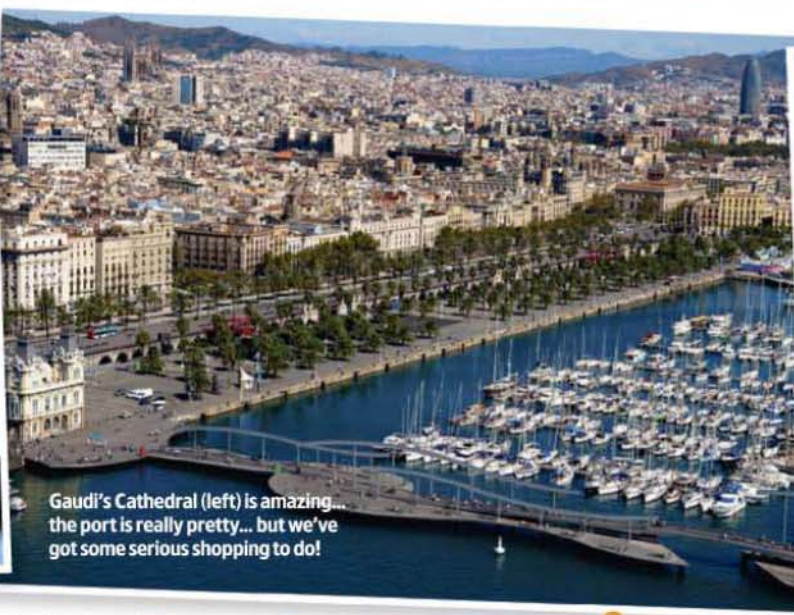
REVITALISING EYE GEL

Enriched with royal jelly, this helps minimise the appearance of dark circles and puffiness, and softens fine lines. £7.50 for 30ml (rrp £10.50).





Gaudi's Cathedral (left) is amazing... the port is really pretty... but we've got some serious shopping to do!



The sun's shining, legs are looking super smooth and there are fab bargains to be had – it doesn't get much better than this!

WIN! A shopping weekend in Barcelona

Chi-chi shops oozing style and sophistication await our winner in Barcelona – Spain's shopping Mecca

We all love baring our legs in the summer and with the new Braun Silk-épil Xpressive Pro we can enjoy smooth skin every day for up to four weeks. Featuring Close-Grip Technology, the Xpressive Pro removes hairs as small as a grain of sand (0.5mm), meaning no more in-between days waiting for hair re-growth – a real bonus at this time of the year.

As well as receiving a Braun Silk-épil Xpressive Pro, one lucky reader (and their guest) will win a super weekend away in fashionable Barcelona. The prize also includes £500 spending money and a personal shopper who will help you select a new wardrobe so you can show off your silky, smooth legs all summer long!

YOUR PRIZE INCLUDES

- ◆ Two nights in a 4-star hotel in Barcelona
- ◆ Return flights from a London airport
- ◆ A two-hour consultation with a personal shopper
- ◆ £500 spending money
- ◆ A Braun Silk-épil Xpressive Pro

TO ENTER Answer the question below, then call 0901 553 0390 or text ESSCOMP, a space, your answer, name, house number and postcode to 86611. BT calls cost £1 per call. Costs from other networks may be higher. Texts cost £1 per text, plus network charges. When you enter by text, you may in future receive sms marketing messages from IPC and essentials; if you don't want to get messages, please end your text with NO INFO. SP: Eckoh 0870 880 4869. Or send a postcard with your name, address, phone number to MRM, essentials/ Braun Competition, PO Box 502, Leicester LE94 0AB to arrive by 3 June 2010.

Name the famous Spanish department store:
A El Corte Inglés B Harrods C Fenwick

**PLUS
£500
spending
money
+ the new Braun
Silk-épil
Xpressive Pro**



WANT TO KNOW MORE?

The new Braun Silk-épil Xpressive Pro costs £129.99 and is available from Boots, Argos, Amazon and large supermarkets.

For more details, go to www.braun.com/uk.

TERMS & CONDITIONS Competition opens midnight 1 May and closes midnight 3 June 2010. Normal IPC competition rules apply. Competition details form part of the terms and conditions. The prize is as offered and consists of two nights' half-board accommodation for two adults at a 4-star hotel in Barcelona, Spain. Prize to be taken by 31 July 2011 subject to availability at the time of booking, excluding Christmas, New Year and bank holidays. Winners must confirm full names of those travelling one month prior to travel. Entry is open to residents of the UK, except employees (and their families) of IPC Media, its printers and agents, employees (and their families) of P&G UK and its affiliates or agents, and any other companies associated with the competition. The winner must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. All entries must be made by the person entering the competition. No responsibility can be accepted for entries lost, damaged or delayed in the post. The prize is as stated, and is not transferable and no cash or other alternatives will be offered. Additional costs such as travel insurance, spending money (other than stated) and airport transfers (in the UK and Barcelona) are not included in the prize. Flight extras are not included in the prize (flight extras include, but are not limited to, pre-allocated seats and the carriage of hold/checked-in baggage). The promoters reserve the right to amend or alter the terms of competitions. The winner will be chosen at random from all correct entries received by the closing date. Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. If the winner cannot be contacted, or is unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random. No bulk or third party entries will be accepted. The decision of the judges is final and no correspondence will be entered into. Competitions may be modified or withdrawn at any time. The Service Provider and contact details are specified within the promotional material. The winner will be the first correct entry drawn after the closing date 3 June 2010 and notified in writing. Name and county of winner will be available after this date – send an s.a.e. to: Nadia Niaz, Hill and Knowlton, 20 Soho Square, London W1A 1PR. Promoter: Procter & Gamble UK, Weybridge, Surrey.

BRAUN

Pretty up your patio

from just £29.95

Add a bay tree, or two, and a gorgeous Italian grape vine to your patio or garden and you'll think you're in that sunny place far, far away.

- ◆ The **half-standard bay tree** (*L. nobilis*) has been nursery grown and has a 20cm diameter ball and a 25cm (approx) stem.
- ◆ It's frost hardy and likes fertile, moist, but well drained, soil in full sun or partial shade, sheltered from cold, drying winds.
- ◆ Buy one potted bay for **£29.95** or two for £49.90, saving £10.

- ◆ The **Moscato grape vine** is supplied bearing at least two bunches of sweet, juicy gold green grapes.
- ◆ It comes in a 3-litre pot and will not require potting on for at least the first year.
- ◆ You can buy one vine for **£34.95** or two for £59.90, and save £10.
- ◆ Alternatively, buy one bay tree and one grape vine for just £54.90.
- ◆ £1.99 p&p is added per order, rather than per item.

**BUY 2
AND
SAVE £10**

Display this
lush vine and
you'll soon
create some
neighbour
envy!

A bay tree looks
so stylish outside
your front door...
perhaps you'd
better order two!

HOW TO ORDER

BY PHONE Call 0844 770 7733* with your card details ready and quote XES250, the product names and codes. We accept Maestro, MasterCard and Visa. Order lines are open seven days a week from 8am to 8pm. *Calls will be charged at a maximum of 5p per minute from a BT landline; call costs from mobiles and other providers may vary.

BY POST Please complete the coupon in BLOCK CAPITALS. Remittance may be made by Maestro, MasterCard, Visa, postal order or crossed cheque (name, address and XES250 on the back, please) for your products, plus £1.99 p&p, made payable to Mr Fothergill's.

POST TO: essentials Offer XES250, Mr Fothergill's, Rookery Farm, Holbeach St Johns, Spalding PE12 8SQ.

PRODUCT	PRICE	QUANTITY	TOTAL
1 half-standard potted bay tree	£29.95		
2 half-standard potted bay trees SAVE £10	£49.90		
1 Moscato grape vine	£34.95		
2 Moscato grape vines SAVE £10	£59.90		
1 half-standard potted bay tree PLUS 1 Moscato grape vine SAVE £10	£54.90		
p&p			£1.99
Grand total			

I enclose my crossed cheque/PO (no cash) made payable to Mr Fothergill's: No..... Value £.....

Or debit my: Maestro ☐ MasterCard ☐ Visa ☐

My card number is (Maestro only)

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TERMS & CONDITIONS This offer is open to readers with a mainland UK address only and is subject to availability. Orders should be received within 28 days; we will notify you if a delay is expected. Plants may be sent separately. If you are not entirely satisfied, please contact us within seven days of receipt for a replacement or a full refund. This does not affect your statutory rights. Goods are returned at the reader's expense, unless, in the unlikely event, the goods were faulty when we will reimburse all postage. Refunds will only be given on the return of the order. All goods must be returned in good condition and in the original packaging. Collections are only arranged for heavier items. Please note, in the case of goods going missing in the post when returned we regret that no refund can be guaranteed unless proof of postage is supplied. All correspondence concerning this offer should be sent to: essentials Offer XES250, Mr Fothergill's, Rookery Farm, Holbeach St Johns, Spalding PE12 8SQ or call 0844 770 7733*. Operators will endeavour to answer your calls between 8am and 8pm seven days a week. *Calls will be charged at a maximum of 5p/minute from a BT landline, calls from other providers and mobiles may vary. **Closing date: 31 August 2010.**

For more great offers, go to www.housetohome.co.uk/shop

Giveaways just for you

To enter ***ESSTREAT2 01, 02, 03 and 04** by phone, text and post, just turn to page 123 for full details. Lines are open: 1 May to 3 June 2010.

TERMS & CONDITIONS

**The prize is subject to availability and is valid until 5 November 2010, excluding bank holidays. The offer, based on two adults sharing a double/twin Resort Room, is valid from 1 June to 31 August 2010 and is subject to availability of allocated rooms. A single supplement applies.

***Offer is subject to availability and excludes bank holidays. All reservations must be made by 30 June 2010.



It could be you making a splash in this gorgeous pool.

TASTE OF LUXURY



Now this is glamour – breakfast on the balcony anyone?

Mini break to Cornwall

*ESSTREAT2 01

St Mellion International Resort (st-mellion.co.uk) is set in 450 acres of stunning countryside near the Cornish seaside towns of Looe and Polperro. It features an impressive indoor leisure complex, including three pools and spa facilities, plus a fully equipped health club and two championship golf courses. Our prize** is for one reader and their guest and includes three nights' luxurious accommodation, full English breakfast each morning, dinner each evening in the Bewdern Brasserie and a pampering Elemis spa treatment for each of you.

50% OFF READER OFFER!

SAVE with essentials essentials readers can save 50% on a stay at the St Mellion International Resort. You'll pay just £45 per person for one night's accommodation and full English breakfast. Guests can enjoy complimentary use of the leisure facilities, too. St Mellion is a brand new 4-star hotel that provides a modern, unexpected alternative to more traditional resort accommodation in the West Country. To book, call 01579 352001 and quote 'essentials'.

Romantic retreat in Sussex

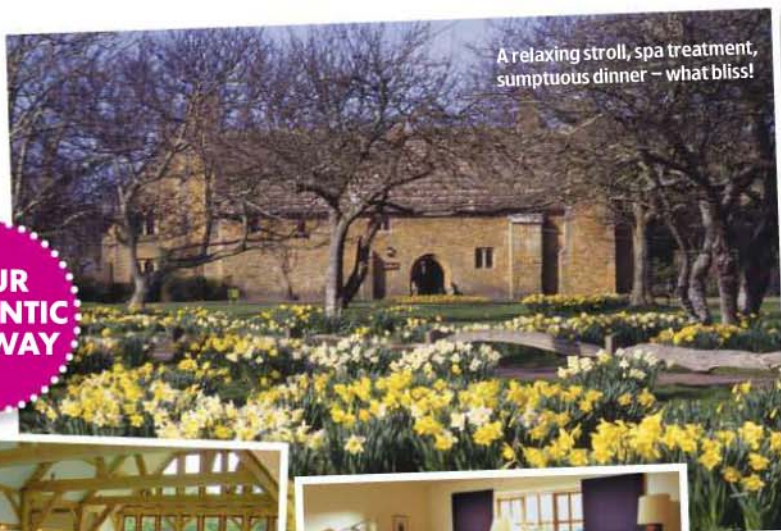
*ESSTREAT2 02

We've teamed up with Pride of Britain hotels to give two readers a fabulous Couple's Escape to Bailiffscourt Hotel & Spa. Each prize is for a reader and her guest and includes one night's accommodation in a superior bedroom with breakfast and dinner included, plus a half-hour spa treatment per person. Bailiffscourt is set right on the coast, near picturesque Arundel, West Sussex, and features intimate lounges and an enchanting courtyard – you couldn't find a much more romantic hideaway.

EXCLUSIVE ESSENTIALS OFFER

SAVE with essentials And if you're not one of our winners? You could still sample the magic of Bailiffscourt with our exclusive reader offer***. The deal includes dinner, bed, breakfast and use of the spa, for just £150 per person. Visit prideofbritainhotels.com for more information, or call 0800 089 3929 and quote 'essentials Bailiffscourt'.

YOUR ROMANTIC GETAWAY



A relaxing stroll, spa treatment, sumptuous dinner – what bliss!



Don't just stand there, come on in – the water's lovely.



If only the bedroom at home was just like this...

Simply call, text or write
and you could be a
winner... good luck!



Pepe Jeans LONDON

Fashion show tickets & designer jeans

*** ESSTREAT2 03**

Clothes Show London returns to Earls Court 25-27 June. We have 10 pairs of tickets up for grabs including entry and your own seat in the Fashion Theatre, where you'll see some exciting collections on London's largest catwalk. Plus, one winner will receive a fabulous pair of Pixie jeans from Pepe Jeans London. If you're not a lucky winner, tickets are available online at clotheshowlondon.com.

CLOTHES SHOW LONDON
25-27 JUNE 2010
EARLS COURT LONDON



Astrall
ALL OVER MOISTURISER

Super skin creams

*** ESSTREAT2 04**

Great things never change and Astral all over body and face moisturiser has remained unchanged in formula since the 1950s. It's still the secret behind the flawless skin of thousands of women, locking in your skin's natural moisture and leaving it fresh, hydrated and glowing. Just like Joanna Lumley and Twiggy, you can discover the secret of Astral... two lucky readers will win three months' supply. And so you can enjoy the best of another truly original British institution, there's a year's membership for the National Trust up for grabs, too. Plus, we have a two-month supply of Astral for 21 runners-up.

Prize crossword

It's quick, fun and you could win a two-night spa hotel break

WIN!

A very tempting two-night getaway goes to our winner and a guest at the award-winning 4-star deluxe Whittlebury Hall Hotel & Spa**** (whittleburyhall.co.uk), set in rural Northamptonshire. This super prize includes...

- ◆ two nights' accommodation
 - ◆ full English breakfast each morning
 - ◆ three-course dinner in Astone Restaurant each night
 - ◆ use of the Heat and Ice Experiences on both days
 - ◆ full use of the spa and leisure club
- And for info on what to do in the area, see britainonshow.co.uk.

TO ENTER Just call 09055 810 017 or text **ESSWORDA**, a space, the answer to 9 ACROSS, your name, house number and postcode to 86611. Lines open 1 May to 3 June 2010.

BT calls cost 25p per min and last about 2 mins. Cost from other networks may vary. Texts cost 50p each, plus network charges. When you enter by text, you may in future get SMS marketing messages from IPC and essentials. If you don't want to receive them please end your text with No Info. SP: Eckoh, 0870 880 4869.

MAY PUZZLE SOLUTION

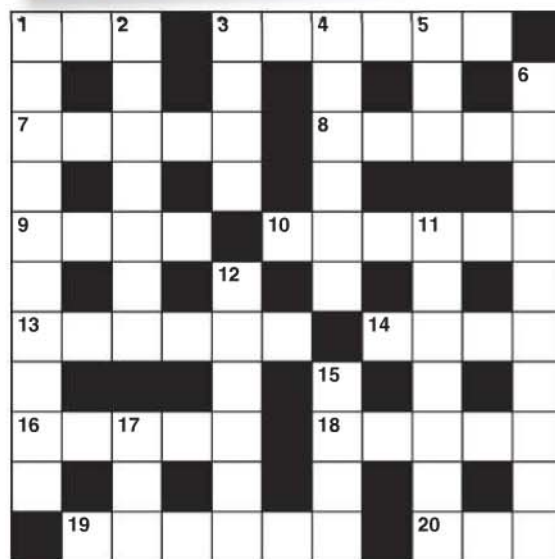
ACROSS 1 Cab 3 Safe bet 7 Lloyd 8 Chasm
9 Bonkers 11 Fay 12 Mad 13 Endorse 15 Digit
17 Shell 18 Caged in 19 Tan

DOWN 1 Celeb 2 Browned 3 Sid 4 Focused
5 Bra 6 Tummy 10 Erected 11 Forfeit 12 Medic
14 Ellen 16 Gig 17 Sin

You'll find the answers to the crossword in next month's issue of essentials.



PAMPER BREAK WORTH £560!



ACROSS

- 1 Cry uncontrollably (3)
- 3 Flower patterned (6)
- 7 Togetherness (5)
- 8 Proof of whereabouts at the time of a crime (5)
- 9 Luxury London hotel (4)
- 10 Wheelcover (3,3)
- 13 Hire for a job (6)
- 14 Circular token (4)
- 16 Actor in a crowd scene (5)
- 18 Dr _____ Alexander, Emilia Fox's character in *Silent Witness* (5)
- 19 Laced (a drink) (6)
- 20 Worthless horse (3)

DOWN

- 1 Nickname for a TV addict (6,4)
- 2 Covered with lots of houses (5,2)
- 3 Patsy Kensit's *Holby City* character (4)
- 4 Non-see-through (6)
- 5 Muhammad _____, former world boxing champion (3)
- 6 Petty fault-finding (3,7)
- 11 Poultry bird (7)
- 12 Return or retreat (2,4)
- 15 _____ Blyton, children's author (4)
- 17 Water controller on a sink (3)

****Terms & Conditions: Usual essentials competition rules apply. Prize is non-transferable, non-refundable, has no cash equivalent and cannot be used in conjunction with any other offer or promotion. Prize must be taken Sun-Thurs by 5 Sept 2010, subject to availability, and is based on two people sharing a standard room.

essentials

To advertise call **020 3148 2922**

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www.allaboutw8.co.uk

This is what

dropping four dress sizes

feels like.



Is your life on hold because you are overweight?

There's before All About W8 and after All About W8. You will love the difference between them – thousands of others have – so why not join them? Get rid of the tired, fed up 'Before' and experience the full of energy, more confident 'After'.

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- ✓ Improve your overall health when you shed those excess pounds.

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www.allaboutw8.co.uk

Or call:

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weight loss at its best

For any programme below 800 kcal per day, we will notify your GP. As with all weight loss programmes, we recommend you see your GP prior to starting.



Kerry Crossan

"I lost 5st 8lb"

See my story at:

www.allaboutw8.co.uk

essentials CONTACTS

To advertise in essentials contacts call **020 3148 2922**

Health



"My gastric band gave me control over my weight loss"

Annette lost eight stone in only nine months



"My gastric balloon gave me weight loss without surgery"

Karen lost six stone in only six months



At the National Obesity Surgery Centre we give exactly the right procedure to help you lose weight and gain control of your life. Whether it's a gastric band procedure, or gastric balloon, our dedicated medical team can help you make the right choice. But whatever that choice is, the result is always the same - control over your weight and control over your life.

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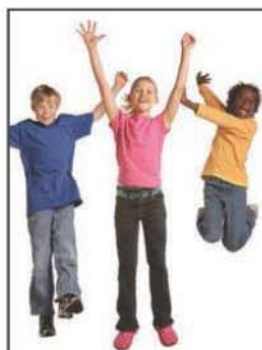


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Ring for brochure

essentials

To advertise call **020 3148 2922**

Lingerie



Bravissimo

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If you've ever struggled to get your clothes to fit perfectly over your boobs, why not try Bravissimo's unique clothing range? Designed with extra room for your boobs and a tailored waist, you'll get that fabulous nipped in look! Or, for a great nights sleep, try their fabulous nightwear with a built in soft integral bra.

Bravissimo also offer expert fitting advice online, on the phone or in their stores to help you get the perfect fit.

For a free mail order catalogue or details of Bravissimo's 20 high street stores, call **01926 459 800** or visit www.bravissimo.com

Please quote Essentials 06/10 ad

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To advertise in essentials contacts call **020 3148 2922**

HAPPY BIRTHDAY Gemini

22 MAY-22 JUNE

THIS YEAR You're taken where you want to go, both in terms of travel and life goals. February 2011 is going to be a spectacular month for you.

THIS MONTH Sort out a financial matter before the 18th. There are happy events to come, but there's also a reality check in store.

STAY POSITIVE What may seem at first to be a bad thing has a definite plus side.

Weekly 0905 817 0440 **Monthly** 0905 817 0503

AS A GEMINI YOU ARE

- ◆ Lively, fun to be with
- ◆ Intellectual and witty
- ◆ Creative and versatile
- ◆ Emotionally complex
- ◆ Impulsive – at times impatient

**love
happy**

Got a question on your love life that needs answering? Then call our psychics on 0906 344 0975. They know it all!

Cancer

23 JUNE-23 JULY

This month It's a time of memorable developments. The lunar eclipse of the 26th marks a turning point for a relationship.

Out in the open

There's no point hiding – secrets and feelings are better out than in!

Weekly 0905 817 0441
Monthly 0905 817 0504

Leo

24 JULY-23 AUG

This month Your routine could change due to unexpected events. Have more than one back-up plan.

Be adventurous

You've fallen into the habit of playing it safe. Have the courage to try something new.

Weekly 0905 817 0442
Monthly 0905 817 0505

Virgo

24 AUG-23 SEPT

This month Now you've got the bit between your teeth it's time to take on the competition – you have what it takes to win.

Take the lead

You need to make sure that you're the one making the decisions.

Weekly 0905 817 0443
Monthly 0905 817 0506

Libra

24 SEPT-23 OCT

This month Expect some upsets. Your emotions will be stirred and you could be saying some goodbyes.

Put yourself in the spotlight

You give way to other people far too much. It's your turn to shine – go for it!

Weekly 0905 817 0444
Monthly 0905 817 0507

Scorpio

24 OCT-22 NOV

This month Other people are coming to you with offers. You can sort a few things out as well as make some wise investments.

No regrets

Don't waste your time wishing you could change the past.

Weekly 0905 817 0445
Monthly 0905 817 0508

Sagittarius

23 NOV-22 DEC

This month Romance and distant places go together – a holiday flirtation or love renewed, perhaps.

The heart of the matter

It may be scary, but delve deep and you'll find what you're looking for.

Weekly 0905 817 0446
Monthly 0905 817 0509

Capricorn

23 DEC-19 JAN

This month A bond is made or broken, and the lunar eclipse on the 26th brings a relationship full circle.

Let others lead the way

You'll discover so much more by taking a back seat – it's time you gave it a try.

Weekly 0905 817 0447
Monthly 0905 817 0510

Aquarius

20 JAN-19 FEB

This month Venus brings love to the top of the agenda, and something you thought was lost is found.

Open your heart

Being cynical doesn't suit you, so go with your feelings and follow your dreams.

Weekly 0905 817 0448
Monthly 0905 817 0511

Pisces

20 FEB-20 MAR

This month If you're feeling a little confused, all should become clear around the 22nd.

A change of plan

Others don't seem to mind interfering with your arrangements, so isn't it time you followed suit?

Weekly 0905 817 0449
Monthly 0905 817 0512

Aries

21 MAR-20 APR

This month After the 26th, life could be very different and you could find events sweep you off your feet.

Be yourself This is no time to be following the crowd. You're an Aries ram, remember: do your own thing.

Weekly 0905 817 0438
Monthly 0905 817 0501

Taurus

21 APR-21 MAY

This month A trip provides more than just a change of scene: it could alter your future plans.

Let live You need to give a situation a chance: it may be different, but it doesn't mean it's not good.

Weekly 0905 817 0439
Monthly 0905 817 0502

2010 YEAR AHEAD

What does 2010 have in store for you?

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My life's little essentials...

Karren Brady

The award-winning business woman and vice-chair of West Ham lives in the West Midlands with her husband, Paul, and their two children, Sophia, 13, and Paolo, 11



Don't take my Japanese food away... especially sushi! It's no exaggeration to say I couldn't live without it.

I have to read the newspapers every day

My day doesn't feel complete unless I've read one, even if it's after collapsing into bed. I'm a columnist for *The Sun*, but I like to read a whole selection of tabloids and broadsheets. It's my way of unwinding.

Saying no — I've finally learnt how to do it Paul and I get invited to swanky events, but we tend to say no. I spent years agreeing to things because I thought I should. Now I try to do things that make me happy, like cooking Sunday lunch for the family, then watching a film.

I'm a Sudoku queen

I love them — and crosswords. I never get into a taxi without having a puzzle to do. I hate it if I get stuck on crosswords and can't do them, so I'm prone to a bit of cheating!



stay happy

Researchers say that challenging your brain in as many ways possible keeps it alert. Sudoku is perfect, so give it a go... you'll soon be hooked!

The World Cup

I love it. I'll be watching every single England game and as many of the others as my work day will allow.



Religion has helped me

I had surgery for a brain aneurysm four years ago and I do think in our darkest moments we all pray to God to keep us alive. What actually bothered me most was not my own mortality, but the thought of not being around for my kids. To think they might need me and I wouldn't be there scared me more than anything else.

A hot bath and an early night

Is there anything better when you're feeling low?



Our partnership

I don't have any full-time help, instead Paul and I split things between us. In the week I can often drop the children off at school in the mornings and he picks them up. It's hard, but somehow we work it out — though when things get very busy at work I do tell Paul that what I most need is a wife. Then I'd really have it made!



Mum and Dad

I owe a lot to my parents — they gave me self-esteem and the confidence to believe in myself. I was never the brightest, the most sporty or straight-A student, but I did believe in my ability to get things done.

♦ *Junior Apprentice* is set to air on BBC1 in June and Karren will be replacing Margaret Mountford as Sir Alan Sugar's new sidekick on the sixth series of BBC's *The Apprentice* which can be seen later this year.

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